

ABSTRAK**HUBUNGAN ANTARA *OVERTHINKING* DENGAN MINAT KARIER
SISWA KELAS IX DALAM MEMILIH SEKOLAH LANJUTAN**

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Penelitian ini bertujuan: (1) mengetahui hubungan antara *overthinking* dengan minat karier siswa dalam pemilihan sekolah lanjutan kelas IX SMP Bentara Wacana Muntilan, (2) mengetahui tingkat *overthinking* dalam pemilihan sekolah lanjutan pada siswa kelas IX SMP Bentara Wacana Muntilan, (3) mengetahui minat karier dalam pemilihan sekolah lanjutan pada siswa kelas IX SMP Bentara Wacana Muntilan.

Metode penelitian ini menggunakan pendekatan kuantitatif deskriptif korelasi dengan subjek siswa/siswi SMP Bentara Wacana Muntilan kelas IX yang berjumlah 90 siswa/siswi. Teknik pengumpulan data pada penelitian ini menggunakan Kuesioner dengan menggunakan *google form*. Teknik analisis yang dilakukan dalam penelitian yaitu uji validitas, reliabilitas, linieritas, normalitas dan hipotesis regresi linier. Skala yang digunakan dalam penarikan sampel data yaitu skala *overthinking* dengan 29 item dan skala minat karier dengan 33 item. Hasil uji reliabilitas pada skala *overthinking* mendapat indeks reliabilitas *Alpha Cronbach* .905 dan hasil uji reliabilitas pada skala minat karier mendapat indeks reliabilitas *Alpha Cronbach* .925.

Hasil penelitian menunjukkan bahwa: (1) terdapat hubungan negative antara *overthinking* dengan minat karier dengan perolehan nilai korelasi (R) sebesar -.389, (2) tingkat *overthinking* dalam kategori rendah dengan perolehan 87% dan 78 siswa/siswi, (3) tingkat minat karier dalam kategori sedang dengan perolehan 40% dan 36 siswa/siswi.

Kata Kunci: *Overthinking*, Minat Karier, Siswa

ABSTRACT**THE RELATIONSHIP BETWEEN OVERTHINKING AND CAREER INTEREST
GRADE IX STUDENTS IN CHOOSING A SECONDARY SCHOOL**

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This study aims to: (1) to find out the relationship between overthinking and career interest in choosing a follow-up school for students in grade IX of Bentara Wacana Muntilan Junior High School, (2) to find out the level of overhinking in choosing a follow-up school for students in grade IX of Bentara Wacana Muntilan Junior High School, (3) to find out career interest in choosing a follow-up school for students in grade IX of Bentara Wacana Muntilan Junior High School.

This research method uses a quantitative descriptive correlation approach with the subject of class IX students of Bentara Wacana Muntilan Junior High School, totaling 90 students. The data collection technique in this study used a questionnaire using google form. The analysis techniques used in the study were validity, reliability, linearity, normality and linear regression hypothesis tests. The scale used in data sampling is the overthinking scale with 29 items and the career interest scale with 33 items. The reliability test results on the overthinking scale got an Alpha Cronbach reliability index of .905 and the reliability test results on the career interest scale got an Alpha Cronbach reliability index of .925.

The results showed that: (1) there is a negative relationship between overthinking and career interest with the acquisition of a correlation value (R) of $-.389$, (2) the level of overthinking in the low category with the acquisition of 87% and 78 students, (3) the level of career interest in the medium category with the acquisition of 40% and 36 students.

Keywords: *Overthinking, Career Interest, Students*