

ABSTRAK

**PERBANDINGAN TINGKAT KECEMASAN KARIR
MAHASISWA LAKI-LAKI DAN PEREMPUAN
PROGRAM STUDI BIMBINGAN DAN KONSELING
UNIVERSITAS SANATA DHARMA
(STUDI KOMPARATIF)**

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Penelitian ini bertujuan (1) membandingkan perbedaan tingkat kecemasan karir antara mahasiswa laki-laki dan perempuan Program Studi Bimbingan dan Konseling Universitas Sanata Dharma, (2) mengetahui tingkat kecemasan karir mahasiswa laki-laki Program Studi Bimbingan dan Konseling Universitas Sanata Dharma, (3) mengetahui tingkat kecemasan karir mahasiswa perempuan Program Studi Bimbingan dan Konseling Universitas Sanata Dharma.

Penelitian ini menggunakan pendekatan kuantitatif deskriptif komparatif. Subjek dalam penelitian ini adalah mahasiswa Program Studi Bimbingan dan Konseling angkatan 2021 dengan jumlah mahasiswa laki-laki sebanyak 21 dan jumlah mahasiswa perempuan sebanyak 51. Pengumpulan data menggunakan skala adopsi kecemasan karir dari Samosir (2023) yang dikembangkan oleh Tsai et al. (2017). Item valid dalam penelitian berjumlah 24 dari total 25 item. Nilai koefisien reliabilitas yang dihitung menggunakan Cronbach's Alpha sebesar 0,817. Hasil penelitian pada uji-t menunjukkan terdapat perbedaan signifikan dalam tingkat kecemasan karir antara mahasiswa akhir laki-laki dan perempuan. Skor rata-rata kecemasan rata-rata kecemasan mahasiswa perempuan sebesar 53,37 dan skor mahasiswa laki-laki sebesar 60,33

Hasil analisis menunjukkan bahwa kecemasan karir yang dialami mahasiswa laki-laki lebih besar dibandingkan mahasiswa perempuan di Program Studi Bimbingan dan Konseling Universitas Sanata Dharma.

Kata Kunci : Kecemasan karir, mahasiswa, jenis kelamin

ABSTRACT

**COMPARISON OF CAREER ANXIETY LEVELS
BETWEEN MALE AND FEMALE STUDENTS
OF GUIDANCE AND COUNSELING STUDY PROGRAM
SANATA DHARMA UNIVERSITY
(A COMPARATIVE STUDY)**

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This research aims to (1) Compare the differences in career anxiety levels between male and female students in the Guidance and Counseling program at Sanata Dharma University, (2) assess the level of career anxiety among male students in the Guidance and Counseling program at Sanata Dharma University, (3) assess the level of career anxiety among female students in the Guidance and Counseling program at Sanata Dharma University.

This research employs a quantitative descriptive comparative approach. The subjects of this study are students from the 2021 cohort of the Guidance and Counseling program, consisting of 21 male students and 51 female students. Data collection utilized the career anxiety scale adapted from Samosir (2023), which was developed by Tsai et al. (2017). The valid items in the study totaled 24 out of 25 items. The reliability coefficient, calculated using Cronbach's Alpha, was 0.817. The results of the t-test indicate a significant difference in career anxiety levels between male and female final-year students. The average career anxiety score for female students was 53.37, while the score for male students was 60.33..

The analysis shows that the career anxiety experienced by male students is higher than that of female students in the Guidance and Counseling program at Sanata Dharma University.

Keywords: *Career anxiety, students, gender.*