

ABSTRAK

Atyanta, Bonaventura Laksmana Dyaksa. 2025. Hubungan Antara Dukungan Sosial dan Optimisme pada *Fresh Graduate* yang Mencari Pekerjaan. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara empat bentuk dukungan sosial dan optimisme pada *fresh graduate* yang mencari pekerjaan. Terdapat 4 hipotesis dalam penelitian ini yaitu; (1) terdapat hubungan positif antara *emotional support* dan optimisme pada *fresh graduate* yang mencari pekerjaan, (2) terdapat hubungan positif antara *instrumental support* dan optimisme pada *fresh graduate* yang mencari pekerjaan, (3) terdapat hubungan positif antara *informational support* dan optimisme pada *fresh graduate* yang mencari pekerjaan, dan (4) terdapat hubungan positif antara *appraisal support* dan optimisme pada *fresh graduate* yang mencari pekerjaan. Responden penelitian didapatkan dengan teknik *convenience sampling*. Penelitian ini melibatkan 298 responden yang merupakan *fresh graduate* dengan kriteria lulus dalam kurun waktu satu tahun terakhir dan belum bekerja. Alat ukur dalam penelitian ini meliputi Skala Optimisme yang berjumlah 9 item ($\alpha = .750$) dan Skala Dukungan Sosial yang terdiri dari 24 item (*emotional support* $\alpha = .674$, *instrumental support* $\alpha = .671$, *informational support* $\alpha = .683$, *appraisal support* $\alpha = .735$). Hasil analisis menggunakan teknik *Spearman's Rho* menunjukkan *emotional support* berhubungan positif signifikan dengan optimisme ($r = .280$, $p < .001$), *instrumental support* berhubungan positif signifikan dengan optimisme ($r = .232$, $p < .001$), *informational support* berhubungan positif signifikan dengan optimisme ($r = .280$, $p < .001$), dan *appraisal support* berhubungan positif signifikan dengan optimisme ($r = .237$, $p < .001$). Keempat hipotesis dalam penelitian ini diterima, yaitu terdapat hubungan yang positif signifikan antara setiap bentuk dukungan sosial dan optimisme pada *fresh graduate* yang mencari pekerjaan. Hasil analisis tambahan menunjukkan bahwa tingkat optimisme berbeda ditinjau dari IPK kelulusan, namun tidak berbeda jika ditinjau dari jenis kelamin, waktu studi, dan pengalaman non-akademik seperti pengalaman magang dan kepanitiaan/organisasi.

Kata kunci: dukungan sosial, optimisme, *fresh graduate*

ABSTRACT

Atyanta, Bonaventura Laksmana Dyaksa. 2025. The Relationship between Social Support and Optimism in Fresh Graduates Seeking for A Job. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between four forms of social support and optimism among fresh graduates seeking for a job. There are four hypotheses in this study; (1) there is a positive relationship between emotional support and optimism among fresh graduates seeking for a job, (2) there is a positive relationship between instrumental support and optimism among fresh graduates seeking for a job, (3) there is a positive relationship between informational support and optimism among fresh graduates seeking for a job, and (4) there is a positive relationship between appraisal support and optimism among fresh graduates seeking for a job. Respondents were selected using convenience sampling. The study involved 298 participants who were fresh graduates, defined as individuals who had graduated within the past year and had not yet secured employment. The instruments used included an Optimism Scale consisting of 9 items ($\alpha = .750$) and a Social Support Scale consisting of 24 items (emotional support $\alpha = .674$, instrumental support $\alpha = .671$, informational support $\alpha = .683$, appraisal support $\alpha = .735$). Spearman's Rho analysis showed that emotional support was significantly positively related to optimism ($r = .280$, $p < .001$), instrumental support was significantly positively related to optimism ($r = .232$, $p < .001$), informational support was significantly positively related to optimism ($r = .280$, $p < .001$), and appraisal support was significantly positively related to optimism ($r = .237$, $p < .001$). All four hypotheses were accepted, indicating a significant positive relationship between each form of social support and optimism among fresh graduates seeking for a job. Additional analysis showed that optimism levels differ based on GPA, but do not differ based on gender, study duration, or non-academic experiences such as internships or organizational involvement.

Keywords: social support, optimism, fresh graduate