

ABSTRAK

Giovanni, M. I. (2026). Hubungan antara Dukungan Sosial dengan *Career Self-efficacy* pada Siswa-siswi SMK di Daerah Istimewa Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *career self-efficacy* pada siswa-siswi Sekolah Menengah Kejuruan (SMK) di Daerah Istimewa Yogyakarta. Hipotesis penelitian ini adalah terdapat hubungan positif antara dukungan sosial dengan *career self-efficacy* pada siswa-siswi SMK di Daerah Istimewa Yogyakarta. Penelitian ini melibatkan 310 partisipan yang terdiri dari 115 laki-laki dan 195 perempuan. Kriteria partisipan penelitian adalah siswa-siswi SMK berusia 15-20 tahun yang bersekolah di wilayah Daerah Istimewa Yogyakarta. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan teknik *purposive sampling*. Skala dukungan sosial disusun berdasarkan aspek-aspek dari James House berjumlah 27 aitem dan skala *career self-efficacy* disusun berdasarkan aspek-aspek dari Taylor dan Betz berjumlah 23 aitem. Pengambilan data dilakukan melalui dua cara yaitu mengunjungi sekolah-sekolah kejuruan secara langsung serta menyebarkan kuesioner melalui media sosial antar teman SMK. Hasil uji reliabilitas menggunakan *Alpha Cronbach* menunjukkan koefisien sebesar .885 pada skala dukungan sosial dan .887 pada skala *career self-efficacy*. Analisis data dilakukan menggunakan korelasi *Spearman's Rho, one-tailed* karena data tidak memenuhi syarat uji asumsi parametrik. Hasil uji korelasi menunjukkan koefisien korelasi sebesar .767, $p < .001$. Hasil tersebut menunjukkan adanya hubungan positif yang signifikan dan kuat antara dukungan sosial dengan *career self-efficacy* pada siswa-siswi SMK di Daerah Istimewa Yogyakarta.

Kata kunci: Dukungan Sosial, Efikasi Diri Karier, Siswa-siswi SMK.

ABSTRACT

Giovanni, M. I. (2026). The Relationship between Social Support and Career Self-efficacy in Vocational High School Students in the Special Region of Yogyakarta. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine the relationship between social support and career self-efficacy in Vocational High School (SMK) students in the Special Region of Yogyakarta. The hypothesis of this study is that there is a positive relationship between social support and career self-efficacy in vocational school students in the Special Region of Yogyakarta. This study involved 310 participants consisting of 115 males and 195 females. The participants' criteria were vocational high school students aged 15-20 years who attended schools in the Special Region of Yogyakarta. This study used a quantitative method with a correlational design and purposive sampling technique. The social support scale based on James House's aspects totaling 27 items and the career self-efficacy scale based on Taylor and Betz aspects totaling 23 items. Data were collected using two methods: by visiting vocational schools directly and by distributing questionnaires through social media via vocational school students' networks. The results of the reliability test using Cronbach's Alpha showed a reliability coefficient of .885 on the social support scale and .887 on the career self-efficacy scale. Data analysis was performed using Spearman's Rho correlation, one-tailed because the data did not meet the parametric assumptions test. The results of the correlation test showed a correlation coefficient of .767, $p < .001$. These results show that there is a significant and strong positive relationship between social support and career self-efficacy in vocational high school students in the Special Region of Yogyakarta.

Keywords: Social Support, Career Self-efficacy, Vocational High School Students.