

ABSTRAK

**PENGARUH SELF-EFFICACY, RESILIENCE, DAN GROWTH MINDSET
TERHADAP CAREER ADAPTABILITY MAHASISWA DENGAN DIMEDIASI
OLEH PERCEIVED EMPLOYABILITY**
Studi Pada Mahasiswa S1 FBE USD

Shellin Kristin Kotu
Universitas Santa Dharma
Yogyakarta
2026

Penelitian ini bertujuan untuk mengetahui: 1) Pengaruh secara langsung *self-efficacy* terhadap *career adaptability* mahasiswa, 2) Pengaruh secara langsung *resilience* terhadap *career adaptability* mahasiswa, 3) Pengaruh secara langsung *growth mindset* terhadap *career adaptability* mahasiswa, 4) Pengaruh *self-efficacy* terhadap *career adaptability* mahasiswa dengan dimediasi oleh *perceived employability*, 5) Pengaruh *resilience* terhadap *career adaptability* mahasiswa dengan dimediasi oleh *perceived employability*, 6) Pengaruh *growth mindset* terhadap *career adaptability* mahasiswa dengan dimediasi oleh *perceived employability*. Populasi dalam penelitian ini adalah mahasiswa S1 Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma angkatan 2022 dan 2023. Teknik Pengambilan sampel menggunakan *nonprobability sampling* dengan *proportionate non random sampling*. Penelitian ini menggunakan 278 responden sebagai sampel yang datanya diperoleh melalui penyebaran kuesioner *online* dalam bentuk *Google Form*. Teknik analisis data menggunakan *Partial Least Square* yaitu SmartPLS 4. Hasil Penelitian Menunjukkan bahwa : 1) *Self-Efficacy* secara langsung berpengaruh terhadap *career adaptability*, 2) *resilience* secara langsung berpengaruh terhadap *career adaptability*, 3) *growth mindset* secara langsung berpengaruh terhadap *career adaptability*, 4) *self-efficacy* berpengaruh terhadap *career adaptability* dengan dimediasi sebagian (*complementary-partial mediation*) oleh *perceived employability*, 5) *resilience* berpengaruh terhadap *career adaptability* dengan dimediasi sebagian (*complementary-partial mediation*) oleh *perceived employability*, 6) *growth mindset* berpengaruh terhadap *career adaptability* dengan dimediasi sebagian (*complementary-partial mediation*) oleh *perceived employability*.

Kata Kunci : *Self-Efficacy, Resilience, Growth Mindset, Career Adaptability, dan Perceived Employability*

ABSTRACT

**THE INFLUENCE OF SELF-EFFICACY, RESILIENCE, AND GROWTH MINDSET
ON STUDENTS' CAREER ADAPTABILITY MEDIATED BY PERCEIVED
EMPLOYABILITY**

A Study of Undergraduate Students of the Faculty of Business and Economics, Sanata
Dharma University

Shellin Kristin Kotu
Sanata Dharma University
Yogyakarta
2026

This study aims to determine: (1) the direct effect of self-efficacy on students' career adaptability, (2) the direct effect of resilience on students' career adaptability, (3) the direct effect of growth mindset on students' career adaptability, (4) the effect of self-efficacy on students' career adaptability mediated by perceived employability, (5) the effect of resilience on students' career adaptability mediated by perceived employability, and (6) the effect of growth mindset on students' career adaptability mediated by perceived employability. The population of this study consisted of undergraduate students from the Faculty of Business and Economics at Sanata Dharma University, specifically the 2022 and 2023 cohorts. The sampling technique used was non-probability sampling with proportionate non-random sampling. A total of 278 respondents participated in this study. Data were collected through an online questionnaire distributed via Google Forms. The data were analyzed using the Partial Least Squares Structural Equation Modeling (PLS-SEM) approach with SmartPLS 4 software. The results indicate that: (1) self-efficacy has a direct effect on career adaptability; (2) resilience has a direct effect on career adaptability; (3) growth mindset has a direct effect on career adaptability; (4) self-efficacy affects career adaptability through partial mediation (complementary partial mediation) by perceived employability; (5) resilience affects career adaptability through partial mediation (complementary partial mediation) by perceived employability; and (6) growth mindset affects career adaptability through partial mediation (complementary partial mediation) by perceived employability.

Keywords: Self-Efficacy, Resilience, Growth Mindset, Career Adaptability, and Perceived Employability.