

**HUBUNGAN ANTARA OPTIMISME MASA DEPAN DAN KEPRIBADIAN
HARDINESS TERHADAP ADAPTABILITAS KARIR
MAHASISWA PSIKOLOGI UNISSULA**

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ABSTRAK

*Penelitian ini bertujuan untuk mengetahui hubungan antara optimisme dan kepribadian Hardiness terhadap adaptabilitas karir pada mahasiswa Fakultas Psikologi UNISSULA. Penelitian ini menggunakan metode kuantitatif. Subjek dalam penelitian ini berjumlah 278 merupakan mahasiswa aktif Fakultas Psikologi UNISSULA. Teknik pengambilan sampel dilakukan dengan quota sampling. Pengambilan data dalam penelitian ini menggunakan tiga skala yaitu *Career Adapt-Abilities Scale*, *Life Orientation Test-Revised*, dan *Occupational Hardiness Questionnaire*. Skala adaptabilitas terdiri dari 24 aitem dengan koefisien reliabilitas sebesar 0,939. Skala optimisme terdiri dari 6 aitem dan 4 aitem filler atau pengalihan (tidak termasuk analisis) dengan koefisien reliabilitas sebesar 0,777. Skala kepribadian *hardiness* terdiri dari 13 aitem dengan koefisien reliabilitas sebesar 0,760. Teknik analisis data pada penelitian ini menggunakan teknik analisis regresi dua prediktor dan korelasi parsial.*

Hasil analisis hipotesis pertama menunjukkan adanya hubungan yang sangat signifikan antara optimisme dan kepribadian *hardiness* dengan adaptabilitas karir, $R = 0,640$, $F = 95,363$ dengan $p = 0,000$ ($p < 0,01$), hipotesis diterima. Hasil analisis hipotesis kedua menunjukkan adanya hubungan positif yang sangat signifikan antara optimisme dengan adaptabilitas karir, koefisien korelasi $r_{x1y} = 0,218$ dengan taraf signifikansi $p = 0,000$ ($p < 0,01$), sehingga hipotesis diterima. Hasil analisis hipotesis ketiga menunjukkan adanya hubungan positif yang sangat signifikan antara kepribadian *Hardiness* dengan adaptabilitas karir, koefisien korelasi $r_{x2y} = 0,578$ dengan taraf signifikansi $p = 0,000$ ($p < 0,01$), sehingga hipotesis diterima.

Kata kunci : Adaptabilitas Karir, Optimisme, kepribadian *Hardiness*

**THE RELATIONSHIP BETWEEN FUTURE OPTIMISM AND HARDINESS
PERSONALITY ON CAREER ADAPTABILITY AMONG
UNDERGRADUATE STUDENTS OF FACULTY
PSYCHOLOGY UNISSULA**

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ABSTRACT

This research aimed to determine the relationship between optimism and Hardiness personality with career adaptability among undergraduate students of faculty psychology Unissula. The method used in this research is quantitative method. The subjects in this research were 278 undergraduate students of faculty psychology Unissula. The sampling technique using quota sampling. Three scales gathered the data: Career Adapt-Abilities Scale, Life Orientation Test-Revised, and Occupational Hardiness Questionnaire. The adaptability scale consists of 24 items with a reliability scale of 0,939. The future optimism scale consists of 6 items and 4 filler items (without analysis) with a reliability scale of 0,777. The Hardiness personality scale consists of 13 items with a reliability scale of 0,760. The data analysis technique used in this research was the two predictors analysis regression technique and partial correlation technique.

The first hypothesis test results showed that the correlation between future optimism and hardiness personality with career adaptability among undergraduate students of faculty psychology Unissula was significant, $R = 0,640$, $F = 95,363$ with $p = 0,000$ ($p < 0,01$), the first hypothesis was accepted. The second hypothesis test results showed a significant positive relationship between future optimism and career adaptability, the correlation coefficient $r_{x1y} = 0,218$ with a significant level of $p = 0,000$ ($p < 0,01$), the second hypothesis was accepted. The third hypothesis test results showed a significant positive relationship between hardiness personality and career adaptability, the correlation coefficient $r_{x2y} = 0,578$ with a significant level of $p = 0,000$ ($p < 0,01$), the third hypothesis was accepted.

Keywords : *Career adaptability, optimism, hardiness personality*