

## ABSTRAK

### **Peran *Career Decision Making Self-Efficacy* (CDMSE) terhadap *Quarter Life Crisis* (QLC) pada Pra-Dewasa serta Tinjauannya dalam Islam**

Pada era industri ini, pra-dewasa cenderung menempuh pendidikan formal dan informal lebih lama agar dapat memenuhi tuntutan dunia usaha akan tenaga kerja yang lebih kompeten dan terampil beradaptasi dengan teknologi. Pilihan karier yang beragam serta kompetisi yang tinggi memicu krisis pada pra-dewasa yang berpendidikan tinggi. Fenomena ini disebut *quarter life crisis* (QLC), dimana pra-dewasa merasa kebimbangan terhadap pilihan hidup, termasuk dalam berkarier yang diikuti dengan perasaan cemas dan putus asa. Krisis karier ini meliputi situasi menganggur, mempertanyakan pilihan karier, ketidakpuasan terhadap pekerjaan, stres pekerjaan, masalah finansial hingga dipecat dari pekerjaan. *Career decision making self-efficacy* (CDMSE) membantu individu yakin terhadap kemampuannya dalam pengambilan keputusan karier, berusaha mengeksplorasi pilihan karier, dan memiliki ekspektasi lebih positif terhadap pilihan karier. Penelitian ini bertujuan mengetahui peran CDMSE terhadap kemampuan mengatasi QLC, khususnya krisis karier pada pra-dewasa di Indonesia. Penelitian ini melibatkan 187 orang pra-dewasa yang diperoleh melalui teknik *accidental sampling*. Kriteria sampel penelitian, yaitu telah menyelesaikan Program Sarjana, berusia 21-25 tahun, dan pernah mengalami episode krisis. *Adult Crisis Episode Retrospective Self-Assessment Tool* (ACERSAT) digunakan untuk mengetahui jenis peristiwa krisis yang dialami dan mengukur penilaian individu terhadap krisis yang telah dan sedang dialaminya. *Career Decision Making Self-Efficacy Social Affirmation* (CDMSE-SAF) digunakan untuk mengukur keyakinan individu dalam proses pengambilan keputusan karier. Hipotesis penelitian ini terbukti bahwa CDMSE memiliki peran terhadap kemampuan pra-dewasa mengatasi QLC ( $R^2=0.13$ ,  $p<.001$ ). Hal ini mencerminkan semakin tinggi CDMSE yang dimiliki individu maka semakin tinggi pula penilaian individu tentang dirinya terhadap krisis yang telah dan sedang dialaminya. Dalam perspektif Islam, Allah SWT memberikan ujian kepada hamba-Nya, tak terkecuali QLC yang dialami oleh pra-dewasa. Sikap *ma-rifatun nafs*, berikhtiar, dan bertawakkal merupakan cara yang dapat dilakukan untuk menghadapi cobaan tersebut.

**Kata kunci; CDMSE, QLC, Krisis Karier, Pra-Dewasa**

## **ABSTRACT**

### ***“The Role of Career Decision Making Self-Efficacy towards Quarter Life Crisis in Emerging Adults and Its Review in Islam”***

*In this industrial era, emerging adults tend to extended their formal and informal education in order to fulfill the demands of business world which need more competent and skilled employee towards technology. Diverse career choices and high competition could lead to a crisis in highly educated emerging adults. This phenomenon called quarter-life crisis (QLC) where emerging adults sensed indecision with their life choices, including career problems, followed by anxious feelings and hopelessness. Career crisis included unemployed situation, questioning career choices, feeling dissatisfied with their current job, experiencing a stressful and pressure in a job, financial problems and being fired from a job. Career decision-making self-efficacy (CDMSE) helps individual to belief in their ability to make career decisions, seek to explore career options, and have more positive expectations of career choices. The current study aims to find out the role of CDMSE towards the ability to overcome QLC, especially career crisis in Indonesia’s emerging adults. This study involved 187 emerging adults obtained by accidental sampling technique. The samples had to completed the Bachelor's Program, 21-25 years old, and experienced crisis episodes. The Adult Crisis Episode Retrospective Self-Assessment Tool (ACERSAT) was used to discovered the types of crisis events and to measured participants’ appraisal of their past and/or current crisis. Career Decision Making Self-Efficacy Social Affirmation (CDMSE-SAF) was used to measured participants’ belief in career decisions process. This study hypothesis was proven that CDMSE had a role in the ability of emerging adults to cope with QLC ( $R^2=0.13$ ,  $p<.001$ ). It meant the higher the CDMSE an individual had, the higher its appraisal toward their past and/or current crisis. In Islam perspective, Allah SWT gives tests to His servants, including the quarter-life crisis which experienced by emerging adults. The attitude of ma-rifatun nafs, ikhtiar, and tawakkal are ways that can be done to deal with these difficulties.*

***Keywords; CDMSE, QLC, Career Crisis, Emerging Adulthood***