Abstract

The demands of final-year students who are in the transition phase from education to the world of work require strong career adaptability skills. In the process of developing career readiness, family social support is seen as an environmental factor that plays a crucial role in strengthening individual readiness to face career challenges. This study aims to determine the effect of family social support on career adaptability in final-year students. The research method used was quantitative with an explanatory research approach. The subjects were 115 final-year students selected using a total sampling technique. Data collection used a Likert-scale questionnaire consisting of the family social support scale from Sarafino and Smith (2011) and the career adaptability scale from Savickas and Porfeli (2012). Data analysis was performed using SPSS 20.0. The results showed a regression coefficient of 0.408 with a significance level of 0.000 (<0.05), indicating a positive and significant influence between family social support and career adaptability. The t-test showed a calculated t-value of 9.504, greater than the t-table of 1.658 with a significance level of 0.000. The R-square value of 0.444 indicates that 44.4% of the variance in career adaptability can be explained by family social support. This finding confirms the importance of family social support in strengthening the career readiness of final-year students.

Keywords: *Family Social Support, Career Adaptability, Students*

Abstrak

Tuntutan mahasiswa tingkat akhir yang berada pada fase transisi dari dunia pendidikan menuju dunia kerja sehingga memerlukan kemampuan *career adaptability* yang baik. Dalam proses pembentukan kesiapan karier tersebut, *family social support* dipandang sebagai faktor lingkungan yang berperan penting dalam memperkuat kesiapan individu menghadapi tantangan karier. Penelitian ini bertujuan untuk mengetahui pengaruh *family social support* terhadap *career adaptability* pada mahasiswa tingkat akhir. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan explanatory research. Subjek penelitian adalah 115 mahasiswa tingkat akhir dipilih berdasarkan teknik total sampling. Teknik pengumpulan data menggunakan kuesioner skala Likert yang terdiri dari instrumen *family social support* dengan skala Sarafino dan Smith (2011) dan *career adaptability* skala Savickas dan Porfeli (2012). Analisis data dilakukan menggunakan bantuan SPSS 20.0. Hasil analisis menunjukkan nilai koefisien regresi sebesar 0,408 dengan signifikansi 0,000 (<0,05) yang berarti terdapat pengaruh positif dan signifikan antara family social support terhadap career adaptability. Uji t menunjukkan nilai t hitung sebesar 9,504 lebih besar dari t tabel 1,658 dengan signifikansi 0,000. Nilai R Square sebesar 0,444 menunjukkan bahwa 44,4% varians *career adaptability* dapat dijelaskan oleh *family social support*. Temuan ini menegaskan pentingnya dukungan sosial keluarga dalam memperkuat kesiapan karier mahasiswa tingkat akhir.

Kata Kunci : Family Social Support, Career Adaptability, Mahasiswa