

**PENGARUH *SELF-EFFICACY* DAN *CAREER ANXIETY* TERHADAP  
*PSYCHOLOGICAL WELL-BEING* PADA DEWASA AWAL PENCARI  
KERJA DI APLIKASI MEDIA SOSIAL X**

**SKRIPSI**

Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya  
untuk Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata  
Satu (S1) Psikologi (S.Psi)



**Oleh:**

Tania Alifiara Arijanto  
11040121153

**Dosen Pembimbing:**

**M. Fahmi Aufar Asyraf, B.Ed., M.A**  
NIP. 199109302020121012

**PROGRAM STUDI PSIKOLOGI  
FAKULTAS PSIKOLOGI DAN KESEHATAN  
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL  
SURABAYA  
2025**

## PERNYATAAN KEASLIAN PENELITIAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul "Pengaruh *Self-efficacy* dan *Career anxiety* terhadap *Psychological well-being* pada Dewasa Awal Pencari Kerja di Aplikasi Media Sosial X" merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

Surabaya, 31 Desember 2024



Tania Alifira Arijanto

**HALAMAN PERSETUJUAN**

**SKRIPSI**

*Pengaruh Self-efficacy dan Career Anxiety terhadap Psychological Well-being*  
pada Dewasa Awal Pencari Kerja di Aplikasi Media Sosial X

Oleh:

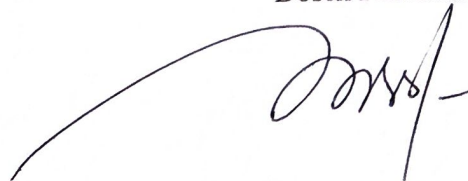
Tania Alifiara Arijanto

11040121153

Telah disetujui untuk diajukan pada Sidang Skripsi

Surabaya, 24 Desember 2024

Dosen Pembimbing,



M. Fahmi AUFAR ASYRAF, B.Ed., M.A

NIP. 199109302020121012

**HALAMAN PENGESAHAN**

**SKRIPSI**

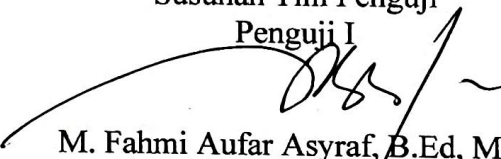
**PENGARUH *SELF EFFICACY* DAN *CAREER ANXIETY* TERHADAP  
*PSYCHOLOGICAL WELL-BEING* PADA DEWASA AWAL PENCARI  
KERJA DI APLIKASI MEDIA SOSIAL X**

Yang disusun oleh  
Tania Alifiara Arijanto  
11040121153

Telah dipertahankan di depan Tim Penguji  
pada tanggal 8 Januari 2024

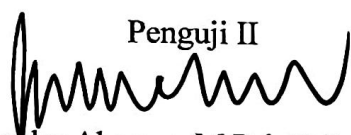


Susunan Tim Penguji  
Penguji I



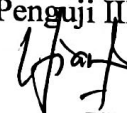
M. Fahmi AUFAR ASYRAF, B.Ed, M.A  
NIP. 199109302020121012

Penguji II



Lucky Abrorry, M.Psi, Psikolog  
NIP. 197910012006041005

Penguji III



Dr. Lufiana Harnany Utami, S.Pd, M.Si  
NIP. 197602272009122001

Penguji IV



Dr. Nailatin Fauziyah, S.Psi, M.Si, M.Psi.Psi  
NIP. 197406122007102006



UIN SUNAN AMPEL  
SURABAYA

KEMENTERIAN AGAMA  
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA  
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300

E-Mail: [perpus@uinsby.ac.id](mailto:perpus@uinsby.ac.id)

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI  
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Tania Alifiara Arijanto  
NIM : 11040121153  
Fakultas/Jurusan : Fakultas Psikologi dan Kesehatan/Psikologi  
E-mail address : alifiatania31@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

Skripsi  Tesis  Desertasi  Lain-lain (.....)

yang berjudul :

Pengaruh *Self-efficacy* dan *Career Anxiety* terhadap *Psychological Well-being*

pada Dewasa Awal Pencari Kerja di Aplikasi Media Sosial X

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara *fulltext* untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 16 Januari 2025

Penulis

( Tania Alifiara Arijanto )  
*nama terang dan tanda tangan*

## INTISARI

Tujuan penelitian ini adalah menguji pengaruh *self-efficacy* dan *career anxiety* terhadap *psychological well-being* dewasa awal pencari kerja. Penelitian ini menggunakan metode kuantitatif korelasional. Untuk mendapatkan data, angket disebarakan kepada 370 subjek penelitian dengan kriteria bahwa subjek berusia berkisar 18-29 tahun dan sedang mencari pekerjaan. Subjek merupakan pengguna aplikasi media sosial X, terutama pada komunitas autobase @Worksfess. Data yang telah terkumpul dianalisis dengan teknik analisis regresi berganda. Hasil penelitian menunjukkan adanya signifikansi *self-efficacy* maupun *career anxiety* terhadap *psychological well-being*; dimana individu dengan *self-efficacy* yang tinggi dan *career anxiety* yang rendah akan memberikan pengaruh pada *psychological well-being* yang baik.

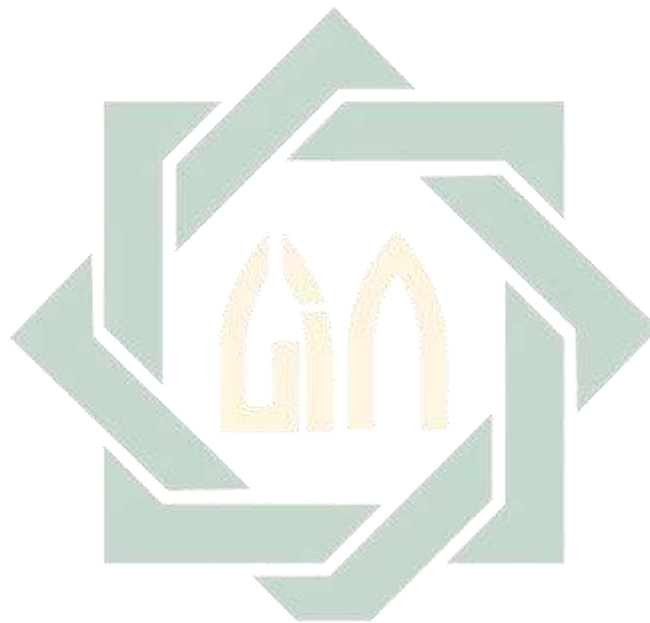
Kata kunci: *psychological well-being*, *self-efficacy*, *career anxiety*, dewasa awal, pencari kerja

UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR ISI

HALAMAN PENGESAHAN.....	ii
PERNYATAAN KEASLIAN PENELITIAN .....	iii
HALAMAN PERSETUJUAN.....	iv
PERNYATAAN PERSETUJUAN PUBLIKASI .....	v
KATA PENGANTAR.....	vi
INTISARI.....	ix
DAFTAR ISI .....	x
DAFTAR TABEL.....	xii
DAFTAR GAMBAR .....	xiii
DAFTAR LAMPIRAN .....	xiv
BAB I PENDAHULUAN.....	1
A.    LATAR BELAKANG MASALAH .....	1
B.    RUMUSAN MASALAH.....	9
C.    KEASLIAN PENELITIAN .....	9
D.    TUJUAN PENELITIAN.....	12
E.    MANFAAT PENELITIAN .....	13
BAB II KAJIAN PUSTAKA .....	14
A. <i>PSYCHOLOGICAL WELL-BEING</i> .....	14
B. <i>SELF-EFFICACY</i> .....	22
C. <i>CAREER ANXIETY</i> .....	31
D.    HUBUNGAN ANTAR VARIABEL.....	36
E.    HIPOTESIS.....	39
BAB III METODE PENELITIAN.....	40
A.    VARIABEL DAN DEFINISI OPERASIONAL .....	40
B.    POPULASI, SAMPEL, DAN TEKNIK SAMPLING.....	43
C.    TEKNIK PENGUMPULAN DATA .....	45
D.    VALIDITAS DAN RELIABILITAS ALAT UKUR .....	49
E.    ANALISIS DATA .....	54
BAB IV HASIL PENELITIAN DAN PEMBAHASAN .....	58
A.    HASIL PENELITIAN.....	58

B. PEMBAHASAN.....	70
BAB V PENUTUP.....	79
A. SIMPULAN.....	79
B. SARAN.....	79
DAFTAR PUSTAKA.....	82
LAMPIRAN.....	91



UIN SUNAN AMPEL  
S U R A B A Y A

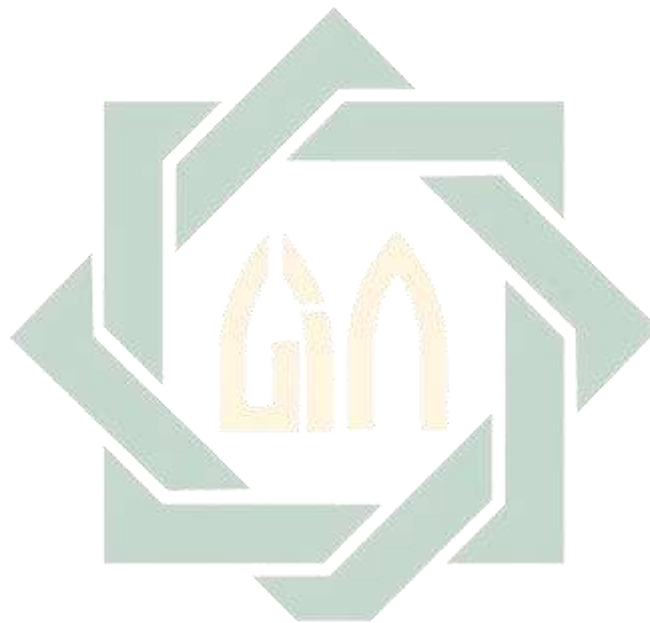


## DAFTAR TABEL

Tabel 3. 1 Blue Print Skala Psychological well-being .....	46
Tabel 3. 2 Nilai Skala Likert .....	47
Tabel 3. 3 Blue Print Skala Self-efficacy .....	47
Tabel 3. 4 Nilai Skala Likert .....	48
Tabel 3. 5 Blue Print Skala Career anxiety .....	49
Tabel 3. 6 Nilai Skala Likert .....	49
Tabel 3. 7 Loading Factors Skala Psychological well-being .....	50
Tabel 3. 8 Hasil Reliabilitas Skala Psychological well-being.....	51
Tabel 3. 9 Loading Factors Skala Self-efficacy .....	51
Tabel 3. 10 Hasil Reliabilitas Skala Self-efficacy.....	52
Tabel 3. 11 Loading Factors Skala Career anxiety.....	53
Tabel 3. 12 Hasil Reliabilitas Skala Career anxiety.....	54
Tabel 3. 13 Hasil Uji Normalitas.....	55
Tabel 3. 14 Hasil Uji Heteroskedastisitas .....	56
Tabel 3. 15 Hasil Uji Multikolinieritas.....	57
Tabel 4. 1 Data Subjek ditinjau dari Jenis Kelamin .....	58
Tabel 4. 2 Data Subjek ditinjau dari Usia.....	58
Tabel 4. 3 Data Subjek ditinjau dari Pendidikan Terakhir.....	59
Tabel 4. 4 Data Subjek ditinjau dari Urutan Kelahiran .....	59
Tabel 4. 5 Deskriptif Data .....	60
Tabel 4. 6 Rumus Kategorisasi Kelas dengan Interval.....	61
Tabel 4. 7 Mean dan Standar Deviasi Variabel.....	61
Tabel 4. 8 Hasil Kategorisasi Kelas dengan Interval.....	62
Tabel 4. 9 Hasil Kategorisasi Skor Subjek Penelitian .....	62
Tabel 4.10 Crosstab Psychological well-being ditinjau dari Jenis Kelamin .....	64
Tabel 4.11 Crosstab Psychological well-being ditinjau dari Usia .....	65
Tabel 4.12 Crosstab Psychological well-being ditinjau dari Pendidikan Terakhir	65
Tabel 4.13 Crosstab Psychological well-being ditinjau dari Urutan Kelahiran ....	67
Tabel 4.14 Crosstab Self-efficacy dengan Psychological well-being .....	68
Tabel 4.15 Crosstab Career anxiety dengan Psychological well-being.....	68
Tabel 4. 16 Uji T.....	69
Tabel 4. 17 Uji F (Anova) .....	70
Tabel 4. 18 Koefisien Determinasi .....	70

## DAFTAR GAMBAR

Gambar 1. Kerangka Teori.....	38
-------------------------------	----



UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR LAMPIRAN

Lampiran 1 - Penyebaran Kuesioner.....	91
Lampiran 2 - Persetujuan Responden .....	91
Lampiran 3 - Kuesioner Penelitian .....	92
Lampiran 4 - Validitas dan Reliabilitas.....	102
Lampiran 5 - Hasil Uji Tabulasi Silang.....	108
Lampiran 6 - Data Demografi Responden .....	113
Lampiran 7 - Skoring Variabel.....	121
Lampiran 8 - Hasil Uji Prasyarat .....	142
Lampiran 9 - Hasil Uji Hipotesis .....	143



UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR PUSTAKA

- Abo-Ali, E. A., Al-Rubaki, S., Lubbad, S., Nchoukati, M., Alqahtani, R., Albraim, S., Ghareeb, W. A., Al-Haffashi, B., Alghamdi, F., & Zaytoun, S. (2021). Mental well-being and self-efficacy of healthcare workers in Saudi Arabia during the COVID-19 pandemic. *Risk Management and Healthcare Policy, 14*, 3167–3177. <https://doi.org/10.2147/RMHP.S320421>
- Acoba, E. F. (2024). Social support and mental health: the mediating role of perceived stress. *Frontiers in Psychology, 15*. <https://doi.org/10.3389/fpsyg.2024.1330720>
- Adler, A. (1929). *Problems of Neurosis (The International Library of Psychology)* (P. Mairret, Ed.). Routledge.
- Adriansyah, M. A., Rahayu, D., & Prastika, N. D. (2015). Pengaruh Terapi Berpikir Positif, Cognitive Behavior Therapy (CBT), Mengelola Hidup dan Merencanakan Masa Depan (MHMMD) terhadap Penurunan Kecemasan Karir pada Mahasiswa Universitas Mulawarman. *PSIKOISLAMIKA Jurnal Psikologi Islam (JPI), 12*(2), 41–50.
- Agung, Q. A. M., Nur'Aini, S., & Wibowo, D. S. (2023). Kecemasan Karir Mahasiswa Sarjana dan Mahasiswa Vokasi. *Jurnal Psikologi, 1*(3), 7. <https://doi.org/10.47134/pjp.v1i3.2004>
- Ahuja, Y., & Teotia, A. (2024). Career Anxiety and Mental Well Being of Young Adults. *International Journal for Multidisciplinary Research (IJFMR), 6*(3), 1. [www.ijfmr.com](http://www.ijfmr.com)
- Akfirat, O. N. (2020). Investigation of Relationship Between Psychological Well-Being, Self Esteem, Perceived General Self-Efficacy, Level of Hope and Cognitive Emotion. *European Journal of Education Studies, 7*(9). <https://doi.org/10.46827/ejes.v7i9.3267>
- Alexander, M. A., & Arini, D. P. (2023). Kematangan Karir dengan Kecemasan Karir Menghadapi Dunia Kerja pada Mahasiswa Tingkat Akhir. *Jurnal Psikologi MANDALA 2023, 7*(1), 2580–4065.
- Alkhatib, M. A. H. (2020). Investigate the relationship between psychological well-being, self-efficacy and positive thinking at Prince Sattam bin Abdulaziz University. *International Journal of Higher Education, 9*(4), 138–152. <https://doi.org/10.5430/ijhe.v9n4p138>
- Amando, J., & Sulistiasih, S. (2024). Hubungan Sense of Humor dengan Psychological Well-Being pada Masa Dewasa Awal. *Jurnal Psikologi Dan Bimbingan Konseling, 04*(01), 1. <https://doi.org/10.6734/LIBEROSIS.V2I2.3027>
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th edition). APA.
- American Psychological Association. (2019). *Anxiety*. <https://www.apa.org/topics/anxiety/index>.
- Arini, D. P. (2021). Emerging Adulthood: Pengembangan Teori Erikson Mengenai Teori Psikososial Pada Abad 21. *Jurnal Ilmiah PSYCHE, 15*(1), 11–20. <https://doi.org/https://dx.doi.org/10.33557/jpsyche.v15i01.1377>

- Arnett, J. J. (2015). *Emerging adulthood : the winding road from the late teens through the twenties* (2nd edition). Oxford University Press.
- Azwar, S. (2021). *Penyusunan Skala Psikologi Edisi 3* (3rd ed.). Pustaka Pelajar.
- Azzahra, M. S., & Ariana, A. D. (2021). Psychological Wellbeing Penggemar K-Pop Dewasa Awal yang Melakukan Celebrity Worship. *BRPKM : Buletin Riset Psikologi dan Kesehatan Mental*, 1, 137–148. <http://e-journal.unair.ac.id/index.php/BRPKM>
- Bandura, A. (1993). Perceived Self-Efficacy in Cognitive Development and Functioning. *Educational Psychologist*, 28(2), 117–148. [https://doi.org/10.1207/s15326985ep2802\\_3](https://doi.org/10.1207/s15326985ep2802_3)
- Bandura, A. (1998). Self-efficacy. In *Encyclopedia of human behavior* (V. S. Ramachaudran, Vol. 4, pp. 71–81). New York: Academic Press. <http://www.des.emory.edu/mfp/BanEncy.html>
- Bandura, A. (2012). On the functional properties of perceived self-efficacy revisited. *Journal of Management*, 38(1), 9–44. <https://doi.org/10.1177/0149206311410606>
- Bandura, A., & Locke, E. A. (2003). Negative self-efficacy and goal effects revisited. *Journal of Applied Psychology*, 88(1), 87–99. <https://doi.org/10.1037/0021-9010.88.1.87>
- Bassi, M., Delle Fave, A., Cetin, I., Melchiorri, E., Pozzo, M., Vescovelli, F., & Ruini, C. (2017). Psychological well-being and depression from pregnancy to postpartum among primiparous and multiparous women. *Journal of Reproductive and Infant Psychology*, 35(2), 183–195. <https://doi.org/10.1080/02646838.2017.1290222>
- Bentea, C.-C. (2017). *Teacher Self-Efficacy, Teacher Burnout And Psychological Well-Being*. 1128–1135. <https://doi.org/10.15405/epsbs.2017.05.02.139>
- Black, S. E., Grönqvist, E., & Öckert, B. (2017). *Born to Lead? The Effect of Birth Order on Non-Cognitive Abilities* (No. 10560; IZA). <https://doi.org/https://dx.doi.org/10.2139/ssrn.2923645>
- Bosscher, R. J., & Smit, J. H. (1998). Confirmatory factor analysis of the General Self-Efficacy Scale. *Behaviour Research and Therapy*, 36, 339.
- Brim, O. G., Ryff, C. D., & Kessler, R. C. (2004). *How Healthy Are We?: A national study of well-being at midlife*. The University of Chicago Press. <https://id.z-lib.gs/book/25719745/751797/how-healthy-are-we-a-national-study-of-wellbeing-at-midlife.html>
- Calhoun, J. F., & Acocella, J. R. (1990). *Psychology of Adjustment and Human Relationship*. McGraw-Hill, Inc.
- Callista, Q., & Basaria, D. (2023). Analisis Korelasi antara Future Anxiety dengan Psychological Well-Being pada Mahasiswa Tingkat Akhir. *Journal of Social and Economics Research*, 5(2). <https://idm.or.id/JSER/index.php/JSER>
- CNBC Indonesia, S. S. (2024, July 28). *Darurat Gen Z! Anak Muda RI Gampang Depresi Cari Kerja*. <https://www.cnbcindonesia.com/research/20240726151729-128-557928/darurat-gen-z-anak-muda-ri-gampang-depresi-cari-kerja>
- Creswell, J. W., & Creswell, J. D. (2023). *Research design: qualitative, quantitative, and mixed methods approaches* (6th ed). SAGE Publications,

- Inc. <https://id.z-lib.gs/book/25988564/99ec86/research-design-qualitative-quantitative-and-mixed-methods-approaches-6e-epub-convert.html>
- Deloitte. (2024). *2024 Gen Z and Millennial Survey: Living and working with purpose in a transforming world*.
- Diener, E., & R. E. (2009). Personality and Subjective Well-Being. In E. Diener (Ed.), *The Science of Well-Being* (Vol. 37). Springer Netherlands. <https://doi.org/10.1007/978-90-481-2350-6>
- Distina, P. P. (2019). Pengembangan Dimensi Psychological Well-Being Untuk Pengurangan Risiko Gangguan Depresi. *Mawa'izh: Jurnal Dakwah Dan Pengembangan Sosial Kemanusiaan*, *10*(1), 39–59. <https://doi.org/10.32923/maw.v10i1.768>
- Elfina, M. L., & Andriany, D. (2023). Career Self-Efficacy and Future Career Anxiety on Indonesian Fresh Graduates During Pandemic. *Jurnal Kajian Bimbingan Dan Konseling*, *8*(1), 24–32. <https://doi.org/10.17977/um001v8i12023p24-32>
- Feist, J., & Feist, G. J. (2009). *Theory of Personality*. McGraw-Hill Education. <http://www.primisonline.com>
- Firmansyah, D., & Dede. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, *1*(2), 85–114. <https://doi.org/10.55927>
- Fouad, N. A. (2007). Work and vocational psychology: Theory, research, and applications. *Annual Review of Psychology*, *58*, 543–564. <https://doi.org/10.1146/annurev.psych.58.110405.085713>
- Fu, F., Liang, Y., An, Y., & Zhao, F. (2018). Self-efficacy and psychological well-being of nursing home residents in China: the mediating role of social engagement. *Asia Pacific Journal of Social Work and Development*, *28*(2), 128–140. <https://doi.org/10.1080/02185385.2018.1464942>
- Gilar-Corbi, R., Perez-Soto, N., Izquierdo, A., Castejón, J.-L., & Pozo-Rico, T. (2024). Emotional factors and self-efficacy in the psychological well-being of trainee teachers. *Frontiers in Psychology*, *15*. <https://doi.org/10.3389/fpsyg.2024.1434250>
- Griffin, D. P. (2014). Encompass Locus of Control and Psychological Well-Being: Separating the Measurement of Internal and External Constructs-A Pilot Study. *LOCUS OF CONTROL & WELL-BEING*, *13*. <http://encompass.eku.edu/ugra/2014/2014/2>
- Gustina, N. Z., Badri, I. A., & Putri, Y. D. (2023). Hubungan Peer Support dengan Tingkat Kecemasan Mahasiswa Akhir Studi di Kota Batam. *Jurnal Riset Kesehatan Nasional*, *7*, 150–155. <https://doi.org/https://doi.org/10.37294>
- Hoogstra, G. J., van Dijk, J., & Florax, R. J. G. M. (2017). Do jobs follow people or people follow jobs? A meta-analysis of Carlino–Mills studies. *Spatial Economic Analysis*, *12*(4), 357–378. <https://doi.org/10.1080/17421772.2017.1340663>
- Horner, P., Andrade, F., Delva, J., Grogan-Kaylor, A., & Castillo, M. (2012). The Relationship of Birth Order and Gender with Academic Standing and Substance Use Among Youth in Latin America. *Journal of Individual Psychology* (1998), *68*, 19–37.

- Huppert, F. A. (2009). Psychological Well-being: Evidence Regarding its Causes and Consequences†. *Applied Psychology: Health and Well-Being*, 1(2), 137–164. <https://doi.org/10.1111/j.1758-0854.2009.01008.x>
- Hurlock, E. B. (2008). *Developmental Psychology: A Life-Span Approach* (5th Edition). Tata McGraw-Hill.
- Iswaratama, A. (2024). The Role of Virtual Communities in Encouraging Social Interaction in the Digital Era. *HISTORICAL: Journal of History and Social Sciences*, 3(1), 51–61. <https://doi.org/10.58355/historical.v3i1.100>
- Jannah, F. N., & Cahyawulan, W. (2023). Gambaran Kecemasan Karier Mahasiswa Tingkat Akhir di Masa Pandemi COVID-19. *IJGC (Indonesian Journal of Guidance and Counseling: Theory and Application)*, 12(1). <https://doi.org/10.15294/ijgc.v12i1.55332>
- Jonck, P. (2021). Exploring the Theoretical Link Between Career Choice Anxiety, Psychological Well-Being and Career Self-Efficacy: A Conceptual Framework. *International Journal of Innovation, Creativity and Change. Www.Ijicc.Net*, 15(10), 2021. [www.ijicc.net](http://www.ijicc.net)
- Josua, S. C., & Rahayu, M. N. M. (2023). Hubungan Intoleransi Ketidakpastian dengan Kecemasan pada Para Pekerja yang Mengalami PHK. *Psychophedia: Jurnal Psikologi Universitas Buana Perjuangan Karawang*, 08(01), 50–64.
- Keyes, M., & Ryff, C. D. (1999). Psychological Well-Being in Midlife. In S. L. Willis & J. D. Reid (Eds.), *Life in the Middle* (pp. 161–180). Academic Press. <https://doi.org/https://doi.org/10.1016/B978-0-12-757230-7.X5017-2>
- Kinderman, P., Tai, S., Pontin, E., Schwannauer, M., Jarman, I., & Lisboa, P. (2015). Causal and mediating factors for anxiety, depression and well-being. *British Journal of Psychiatry*, 206(6), 456–460. <https://doi.org/10.1192/bjp.bp.114.147553>
- Laurenza, H., Nugraheni, M., Rahayu, M., & Info, A. (2024). Importance of Self-Efficacy in Overcoming Quarter-Life Crisis among Fresh Graduates Pentingnya Efikasi Diri dalam Mengatasi Quarter-Life Crisis pada Fresh Graduates. *Jurnal Imiah Psikologi*, 12(3), 312–318. <https://doi.org/10.30872/psikoborneo.v12i3>
- Lemeshow, S., Hosmer Jr., D. W., Klar, J., & Lwanga, S. K. (1990). *Adequacy of Sample Size in Health Studies* (WHO). John Wiley & Sons Ltd.
- Lianto, L. (2019). Self-Efficacy: A Brief Literature Review. *Jurnal Manajemen Motivasi*, 15(2), 55. <https://doi.org/10.29406/jmm.v15i2.1409>
- Lim, A. Y., Lee, S. H., Jeon, Y., Yoo, R., & Jung, H. Y. (2018). Job-seeking stress, mental health problems, and the role of perceived social support in university graduates in Korea. *Journal of Korean Medical Science*, 33(19). <https://doi.org/10.3346/jkms.2018.33.e149>
- Lizarte Simón, E. J., Gijón Puerta, J., Galván Malagón, M. C., & Khaled Gijón, M. (2024). Influence of Self-Efficacy, Anxiety and Psychological Well-Being on Academic Engagement During University Education. *Education Sciences*, 14(12), 1367. <https://doi.org/10.3390/educsci14121367>
- Lunenburg, F. C. (2011). Self-Efficacy in the Workplace: Implications for Motivation and Performance. *International Journal of Management*, 14.
- Machali, I. (2021). *Metode Penelitian Kuantitatif: Panduan Praktis Merencanakan, Melaksanakan, dan Analisis dalam Penelitian Kuantitatif* (A.

- Q. Habib, Ed.). Fakultas Ilmu Tarbiyah dan Keguruan UIN Sunan Kalijaga Yogyakarta.
- Maghfiroh, F. F., & Dewi, T. K. (2023). Hubungan Kecemasan Karir terhadap Kesejahteraan Psikologis Mahasiswa Tingkat Akhir. *Sikontan Journal*, 2. <https://doi.org/10.47353/sikontan.v2i1.1122>
- Maghfiroh, F. F., & Kurniawan, A. (2023). Narrative Review: Hubungan Career Anxiety Terhadap Psychological Well-being Pada Mahasiswa Tingkat Akhir. *BRPKM: Buletin Riset Psikologi Dan Kesehatan Mental*. <http://e-journal.unair.ac.id/BRPKM>
- Maharani, D. L., Huwae, A., Lhaksmita Maharani Fakultas Psikologi, D., & Kristen Satya Wacana, U. (2024). *Locus of Control and Psychological Well-Being in Single Women of the Toraja Tribe who Have a Career Locus of Control dan Kesejahteraan Psikologis Pada Perempuan Lajang Suku Toraja yang Berkarier*. 13(2), 195–203. <https://doi.org/10.30872/psikostudia.v13i2>
- Mariñas, E. S., De Vera, J. S., Chrysler Rivero, K. M., Emmanuel Sadiwa, J. O., III Sanchez, A. R., Nicole Cabral, A. O., & Guites, L. E. (2020). Birth Order Paradox: A Phenomenological Study on the Lived Experiences of Eldest Sibling in the Birth Sequence Hierarchy. *IJRP.ORG: International Journal of Research Publications*, 45. [https://www.semanticscholar.org/paper/Birth-Order-Paradox%3A-A-Phenomenological-Study-on-of-Marinasa-Vera/1d5f82e2bf0ca0fc36383f8b8df69df0ada38c95?utm\\_source=direct\\_link](https://www.semanticscholar.org/paper/Birth-Order-Paradox%3A-A-Phenomenological-Study-on-of-Marinasa-Vera/1d5f82e2bf0ca0fc36383f8b8df69df0ada38c95?utm_source=direct_link)
- Martinez, M. (2020, November 27). *How come cities such as Madrid, Peking or New York have more jobs?* Tomorrow City. <https://www.tomorrow.city/how-come-cities-such-as-madrid-pekking-or-new-york-have-more-jobs/>
- Milam, L. A., Cohen, G. L., Mueller, C., & Salles, A. (2019). The Relationship Between Self-Efficacy and Well-Being Among Surgical Residents. *Journal of Surgical Education*, 76(2), 321–328. <https://doi.org/10.1016/j.jsurg.2018.07.028>
- Müceldili, B., & Tatar, B. (2023). Career anxiety as a barrier to life satisfaction among undergraduate students: the role of meaning in life and self-efficacy. *Int J Educ Vocat Guidance*. <https://doi.org/https://doi.org/10.1007/s10775-023-09617-8>
- Muhid, A. (2019). *Analisis Statistik*. Zifatama Publishing.
- Muliasari, M. (2020). *Mediating Effect of Career Decision Self-Efficacy on the Relation of Perfectionism to Career Indecision Article Info*. <https://doi.org/10.15294/jubk.v9i1.29128>
- Mulyati, M., & Wulansari, R. (2024). Dampak PHK (Pemutusan Hubungan Kerja) Terhadap Karyawan Lebih Dari Sekedar Kehilangan Pekerjaan. *Jurnal Ekonomi dan Bisnis Digital*, 01(04), 967–971. Mulyati1, Rindi Wulansari
- Muqarrama, R., Razak, A., & Hamid, H. (2022). Sultra Educational Journal (Seduj) Fenomena Kecemasan Karir pada Mahasiswa Tingkat Akhir di Era Disrupsi 4.0. *Sultra Educational Journal (Seduj)*, 2(1), 28–33. <http://jurnal-unsultra.ac.id/index.php/sedujhttp://jurnal-unsultra.ac.id/index.php/seduj>
- National Research Council. (2001). *New Horizons in Health: An Integrative Approach*. In B. H. Singer & C. D. Ryff (Eds.), *New Horizons in Health*. National Academies Press. <https://doi.org/10.17226/10002>



- Nazla, T., & Viena Yuliana, Y. (2024). Hubungan Antara Psychological Well Being Dengan Work Life Balance Pada. *General: Multidisciplinary Research Journal*, 01(02), 96–108. <https://money-id.com/index.php/money/index>
- Nevid, J., Rathus, S. A., & Greene, B. A. (2014). *Abnormal Psychology in a Change World* (9th Edition). Pearson Education Inc.
- Noviyanti, A. (2021). Dinamika Kecemasan Karir pada Mahasiswa Tingkat Akhir. *Prosiding Seminar Nasional Transformasi Pendidikan Di Era Merdeka Belajar: Menjawab Tantangan Pada Masa Dan Pasca Pandemi*. [https://ejurnal.mercubuana-yogya.ac.id/index.php/Prosiding\\_KoPeN/article/view/2789](https://ejurnal.mercubuana-yogya.ac.id/index.php/Prosiding_KoPeN/article/view/2789)
- Park, I. J., Lee, J., Kim, M., Kim, J. Y., & Jahng, S. (2019). Affect in Daily Career Decision Self-Efficacy and Career Choice Anxiety. *Career Development Quarterly*, 67(4), 313–326. <https://doi.org/10.1002/cdq.12201>
- Pisarik, C. T., Rowell, P. C., & Thompson, L. K. (2017). A Phenomenological Study of Career Anxiety Among College Students. *Career Development Quarterly*, 65(4), 339–352. <https://doi.org/10.1002/cdq.12112>
- Pradhan, R. K., Prasad, N. P., & Jena, L. K. (2021). Self-Efficacy and Workplace Well-Being: Understanding the Role of Resilience in Manufacturing Organizations. *Business Perspectives and Research*, 9(1), 62–76. <https://doi.org/10.1177/2278533720923484>
- Pultz, S., & Teasdale, T. W. (2017). Unemployment and Subjective Well-being: Comparing Younger and Older Job Seekers. *Scandinavian Journal of Work and Organizational Psychology*, 2(1). <https://doi.org/10.16993/sjwop.32>
- Putra, M. D. K., Rahayu, W., & Umar, J. (2019). Indonesian-language version of general self-efficacy scale-12 using Bayesian confirmatory factor analysis: A construct validity testing. *Jurnal Penelitian Dan Evaluasi Pendidikan*, 23(1), 12–25. <https://doi.org/10.21831/pep.v23i1.20008>
- Putra, S. J. P., Suroso, & Farid, M. (2024). The Effectiveness of Psychological Well-Being Psychoeducation on Career Anxiety in Vocational High School Students Based on Gender. *Jurnal Multidisiplin Madani*, 4(8), 1266–1270. <https://doi.org/10.55927/mudima.v4i8.10758>
- Rafi, M. A., Mamun, M. A., Hsan, K., Hossain, M., & Gozal, D. (2019). Psychological Implications of Unemployment Among Bangladesh Civil Service Job Seekers: A Pilot Study. *Frontiers in Psychiatry*, 10. <https://doi.org/10.3389/fpsy.2019.00578>
- Rahama, K., & Izzati, U. A. (2021). Hubungan antara Dukungan Sosial dengan Psychological Well-Being pada Karyawan. *Jurnal Penelitian Psikologi*, 8(7), 94–106.
- Renshaw, T. L., & Cohen, A. S. (2014). Life Satisfaction as a Distinguishing Indicator of College Student Functioning: Further Validation of the Two-Continua Model of Mental Health. *Social Indicators Research*, 117(1), 319–334. <https://doi.org/10.1007/s11205-013-0342-7>
- Revelia, M. (2019). Uji Validitas Konstruk Pada Instrumen Ryff's Psychological Well-Being Scale Dengan Metode Confirmatory Factor Analysis (CFA). *Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia (JP3I)*, 7(1), 8–14. <https://doi.org/10.15408/jp3i.v7i1.12103>

- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Reviews Psychology*, 141–166. [www.annualreviews.org](http://www.annualreviews.org)
- Ryff, C. D. (1989). Happiness Is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being. In *Journal of Personality and Social Psychology* (Vol. 57, Issue 6).
- Ryff, C. D. (2014). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and Psychosomatics*, 83(1), 10–28. <https://doi.org/10.1159/000353263>
- Ryff, C. D., & Keyes, C. L. M. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Ryff, C. D., & Singer, B. H. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9(1), 13–39. <https://doi.org/10.1007/s10902-006-9019-0>
- Schunk, D. H. (2010). Self-Efficacy Beliefs. In F. Pajares (Ed.), *International Encyclopedia of Education* (3rd ed., pp. 668–672). Elsevier Ltd. <https://doi.org/https://doi.org/10.1016/B978-0-08-044894-7.00620-5>
- Scutt, K., Ali, K., Rieger, E., Monaghan, C., Ford, R., Fabry, E., & Fassnacht, D. (2023). An investigation of the dual continua model of mental health in the context of eating disorder symptomatology using latent profile analysis. *British Journal of Clinical Psychology*, 62(4), 782–799. <https://doi.org/10.1111/bjc.12439>
- Sharma, G., & L, S. N. (2014). Do Psychological Well-Being characteristics vary with Birth Order? In *IOSR Journal Of Humanities And Social Science (IOSR-JHSS)* (Vol. 19, Issue 8). Ver. I. [www.iosrjournals.org](http://www.iosrjournals.org)
- Shelton, S. H. (1990). Developing The Construct of General Self-Efficacy. In *Psychological Reports* (Vol. 66).
- Shin, Y. J., & Lee, J. Y. (2019). Self-Focused Attention and Career Anxiety: The Mediating Role of Career Adaptability. *Career Development Quarterly*, 67(2), 110–125. <https://doi.org/10.1002/cdq.12175>
- Siddiqui, S. (2015). Impact of Self-Efficacy on Psychological Well-Being among Undergraduate Students. *The International Journal of Indian Psychology*, 2(3), 5–16. <http://www.ijip.in>
- Soetjipto, H. P., Putra, M. D. K., Widhiarso, W., & Khakim, Z. (2023). Assessment of the psychometric properties of the Indonesian version of the General Self-Efficacy Scale-12 (GSES-12) in a sample of Indonesian high school students. *Psikohumaniora*, 8(2), 259–274. <https://doi.org/10.21580/pjpp.v8i2.18024>
- Sri Rahma, M., Wusqa, U., & Susanti, M. (2023). Keengganan Dewasa Awal Memasuki Kehidupan Berkeluarga di Desa Pulau Payung, Kabupaten Mukomuko, Provinsi Bengkulu (Ditinjau dari Perspektif Bimbingan Konseling Keluarga). *Al Irsyad: Jurnal Bimbingan Konseling Islam*, 14(2), 39–51. <https://ejournal.uinib.ac.id/jurnal/index.php/alirsyad/index>
- Stratton, S. J. (2023). Population Sampling: Probability and Non-Probability Techniques. *Prehospital and Disaster Medicine*, 38(2), 147–148. <https://doi.org/10.1017/S1049023X23000304>

- Sulloway, F. A. (1999). Birth Order. In *Encyclopedia of Creativity* (Vol. 1, p. 189). Academic Press.
- Taber, K. S. (2018). The Use of Cronbach's Alpha When Developing and Reporting Research Instruments in Science Education. *Research in Science Education, 48*(6), 1273–1296. <https://doi.org/10.1007/s11165-016-9602-2>
- Tang, Q., Lei, G., Zhang, Y., & Shi, H. (2024). The relation between mental health and career-related stress among prospective graduates in higher education stage during the COVID-19 pandemic: an evidence based on network analysis. *Frontiers in Psychology, 15*. <https://doi.org/10.3389/fpsyg.2024.1381846>
- Tommasi, M., Grassi, P., Balsamo, M., Picconi, L., Furnham, A., & Saggino, A. (2018). Correlations Between Personality, Affective and Filial Self-Efficacy Beliefs, and Psychological Well-Being in a Sample of Italian Adolescents. In *Psychological Reports* (Vol. 121, Issue 1, pp. 59–78). SAGE Publications Inc. <https://doi.org/10.1177/0033294117720698>
- Tsai, C. T. (Simon), Hsu, H., & Hsu, Y. C. (2017). Tourism and Hospitality College Students' Career Anxiety: Scale Development and Validation. *Journal of Hospitality and Tourism Education, 29*(4), 158–165. <https://doi.org/10.1080/10963758.2017.1382365>
- Tyler, N., Heffernan, R., & Fortune, C. A. (2020). Reorienting Locus of Control in Individuals Who Have Offended Through Strengths-Based Interventions: Personal Agency and the Good Lives Model. In *Frontiers in Psychology* (Vol. 11). Frontiers Media S.A. <https://doi.org/10.3389/fpsyg.2020.553240>
- Utama, A. S., Hastari, D. W., Damayanti, D. P., Kusuma, M. A. T. A., & Triyanti, M. S. (2021). Pengalaman Lulusan Baru Mencari Kerja di Masa Pandemi Covid-19. *Jurnal Psikologi, 14*(2), 122–137. <https://doi.org/10.35760/psi.2021.v14i2.3423>
- van Eersel, J. H. W., Taris, T. W., & Boelen, P. A. (2021). Grief reactions, depression, and anxiety following job loss: patterns and correlates. *European Journal of Psychotraumatology, 12*(1). <https://doi.org/10.1080/20008198.2021.1905348>
- Veit, C. T., & Ware, J. E. (1983). The structure of psychological distress and well-being in general populations. *Journal of Consulting and Clinical Psychology, 51*(5), 730–742. <https://doi.org/10.1037/0022-006X.51.5.730>
- Vignoli, E. (2015). Career indecision and career exploration among older French adolescents: The specific role of general trait anxiety and future school and career anxiety. *Journal of Vocational Behavior, 89*, 182–191. <https://doi.org/10.1016/j.jvb.2015.06.005>
- Widowati, B. K. (2020). Hubungan Efikasi Diri (Self Efficacy) dengan Keinovatifan Widyaiswara di Lingkup Badan Penyuluhan dan Pengembangan Sumber Daya Manusia Pertanian, Kementerian Pertanian. *Jurnal Agri Widya, 1*(03), 52–60.
- Woodruff, S. L., & Cashman, J. F. (1993). Task, Domain, and General Efficacy: A Reexamination of The Self-Efficacy Scale. In *Psychological Reports* (Vol. 72).
- Xi, Y. (2020). Anxiety: A concept analysis. *Frontiers of Nursing, 7*(1), 9–12. <https://doi.org/10.2478/fon-2020-0008>

- Yilmaz, F. N., & Gunduz, H. C. (2018). Career indecision and career anxiety in high school students: An investigation through structural equation modelling. *Eurasian Journal of Educational Research*, 2018(78), 23–42. <https://doi.org/10.14689/ejer.2018.78.2>
- Zulfahmi, A., & Andriany, D. (2021). Kematangan vokasional dengan kecemasan dalam menghadapi dunia kerja pada mahasiswa tingkat akhir. *Cognicia*, 9(2), 64–75. <https://doi.org/10.22219/cognicia.v9i2.15728>



UIN SUNAN AMPEL  
S U R A B A Y A