

**PENGARUH DUKUNGAN SOSIAL DAN KEPERIBADIAN PROAKTIF  
TERHADAP *CAREER ADAPTABILITY* PADA MAHASISWA  
TINGKAT AKHIR DI KARAWANG**

Maylinda Alfi Naiim

[ps21.maylindanaiim@mhs.ubpkarawang.ac.id](mailto:ps21.maylindanaiim@mhs.ubpkarawang.ac.id)

**Fakultas Psikologi Universitas Buana Perjuangan Karawang**

**ABSTRAK**

Fenomena ketidakpastian karier pada mahasiswa tingkat akhir menuntut kesiapan menghadapi dunia kerja, di mana *career adaptability* menjadi kunci penting. Sebagai pusat industri, Karawang memerlukan lulusan yang siap bertransisi dari pendidikan ke dunia kerja, dengan dukungan sosial dan kepribadian proaktif sebagai faktor pendukung utama. Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial dan kepribadian proaktif terhadap *career adaptability* pada mahasiswa tingkat akhir di Karawang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian asosiatif. Metode pengambilan sampel yang digunakan adalah *non-probability sampling* dengan teknik *purposive sampling*. Jumlah responden dalam penelitian ini adalah 100 mahasiswa tingkat akhir dari berbagai perguruan tinggi di Karawang. Hasil penelitian menunjukkan nilai signifikansi dari variabel dukungan sosial sebesar  $0,029 < 0,05$ , sehingga  $H_{a1}$  diterima dan  $H_{01}$  ditolak, yang berarti terdapat pengaruh dukungan sosial terhadap *career adaptability*. Selanjutnya, nilai signifikansi dari variabel kepribadian proaktif sebesar  $0,000 < 0,05$ , sehingga  $H_{a2}$  diterima dan  $H_{02}$  ditolak, yang berarti terdapat pengaruh kepribadian proaktif terhadap *career adaptability*. Secara simultan, nilai signifikansi sebesar  $0,000 < 0,05$ , sehingga  $H_{a3}$  diterima dan  $H_{03}$  ditolak, yang berarti terdapat pengaruh dukungan sosial dan kepribadian proaktif terhadap *career adaptability*. Kesimpulan dari penelitian ini adalah bahwa dukungan sosial dan kepribadian proaktif berperan terhadap *career adaptability* sebesar 42%, sedangkan sisanya 58% dipengaruhi oleh variabel lain yang tidak diteliti.

Kata kunci: *career adaptability*, dukungan sosial, kepribadian proaktif, mahasiswa tingkat akhir

v

***THE INFLUENCE OF SOCIAL SUPPORT AND PROACTIVE  
PERSONALITY ON CAREER ADAPTABILITY AMONG FINAL-YEAR  
UNIVERSITY STUDENTS IN KARAWANG***

Maylinda Alfi Naiim

[ps21.maylindanaiim@mhs.ubpkarawang.ac.id](mailto:ps21.maylindanaiim@mhs.ubpkarawang.ac.id)

***Faculty of Psychology Buana Perjuangan Karawang University***

***ABSTRACT***

The phenomenon of career uncertainty among final-year students demands readiness to face the world of work, in which career adaptability is a key factor. As an industrial hub, Karawang requires graduates who are prepared to transition from education to the workforce, with social support and proactive personality as the main supporting factors. This study aims to determine the influence of social support and proactive personality on career adaptability among final-year students in Karawang. This research employed a quantitative approach with an associative research design. The sampling method used was non-probability sampling with a purposive sampling technique. The total respondents in this study were 100 final-year students from various universities in Karawang. The results showed that the significance value of the social support variable was  $0.029 < 0.05$ , thus  $H_{a1}$  was accepted and  $H_{01}$  was rejected, indicating a significant effect of social support on career adaptability. Furthermore, the significance value of the proactive personality variable was  $0.000 < 0.05$ , thus  $H_{a2}$  was accepted and  $H_{02}$  was rejected, indicating a significant effect of proactive personality on career adaptability. Simultaneously, the significance value was  $0.000 < 0.05$ , thus  $H_{a3}$  was accepted and  $H_{03}$  was rejected, indicating a significant effect of social support and proactive personality on career

adaptability. The conclusion of this study is that social support and proactive personality contribute 42% to career adaptability, while the remaining 58% is influenced by other variables not examined in this research.

Keywords: career adaptability, social support, proactive personality, final-year students

