

ABSTRAK

Farikha Awalina Efendi. 220541100159. Pengaruh Career Self Efficacy Terhadap Fear of failure Pada Lulusan Smk Jurusan Teknik Permesinan Yang Belum Bekerja. 2026

Fenomena lulusan Sekolah Menengah Kejuruan (SMK) yang belum bekerja dapat memunculkan *fear of failure* atau ketakutan akan kegagalan dalam menghadapi dunia kerja. Salah satu faktor yang dapat memengaruhi kondisi tersebut adalah *career self efficacy*, yaitu keyakinan individu terhadap kemampuan dirinya dalam merencanakan dan mencapai tujuan karier. Penelitian ini bertujuan untuk mengetahui pengaruh *career self efficacy* terhadap *fear of failure* pada lulusan SMK Jurusan Teknik Permesinan yang belum bekerja. Penelitian ini menggunakan pendekatan kuantitatif dengan metode regresi linear sederhana. Subjek penelitian berjumlah 390 lulusan SMK Jurusan Teknik Permesinan yang belum bekerja di Kabupaten Sidoarjo. Pengumpulan data dilakukan menggunakan skala *career self efficacy* dan skala *fear of failure*. Analisis data dilakukan menggunakan uji regresi linear sederhana dengan bantuan SPSS 27. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara *career self efficacy* terhadap *fear of failure*. Hasil uji regresi linear sederhana memperoleh nilai F sebesar 261,247 dengan nilai signifikansi sebesar 0,000 ($p < 0,05$), sehingga hipotesis penelitian diterima. Nilai koefisien regresi sebesar -0,834 menunjukkan bahwa pengaruh *career self efficacy* terhadap *fear of failure* bersifat negatif. Selain itu, nilai R Square sebesar 0,402 menunjukkan bahwa *career self efficacy* memberikan kontribusi sebesar 40,2% terhadap *fear of failure*, sedangkan 59,8% lainnya dipengaruhi oleh faktor lain di luar penelitian. Berdasarkan hasil tersebut, dapat disimpulkan bahwa semakin tinggi *career self efficacy* yang dimiliki individu, maka semakin rendah tingkat *fear of failure* yang dirasakan dalam menghadapi proses memasuki dunia kerja.

Kata kunci: Career Self Efficacy, Fear of failure, Lulusan SMK, Teknik Permesinan

ABTRACT

Farikha Awalina Efendi. 220541100159. The Effect of Career Self-Efficacy on Fear of failure among Unemployed Graduates of Vocational High School Mechanical Engineering Department. 2026.

The phenomenon of unemployed vocational high school (SMK) graduates may lead to fear of failure or fear of failure in facing the workforce. One factor that may influence this condition is career self-efficacy, which refers to an individual's belief in their ability to plan and achieve career goals. This study aimed to determine the effect of career self-efficacy on fear of failure among unemployed graduates of the Mechanical Engineering Department of Vocational High Schools. This study used a quantitative approach with a simple linear regression method. The research subjects consisted of 390 unemployed graduates of the Mechanical Engineering Department of Vocational High Schools in Sidoarjo Regency. Data were collected using the career self-efficacy scale and the fear of failure scale. Data analysis was performed using simple linear regression analysis with the assistance of SPSS 27. The results showed that there was a significant effect of career self-efficacy on fear of failure. The results of the simple linear regression test obtained an F value of 261.247 with a significance value of 0.000 ($p < 0.05$), indicating that the research hypothesis was accepted. The regression coefficient value of -0.834 indicated that the effect of career self-efficacy on fear of failure was negative. Furthermore, the R Square value of 0.402 indicated that career self-efficacy contributed 40.2% to fear of failure, while the remaining 59.8% was influenced by other factors outside this study. Based on these results, it can be concluded that the higher the level of career self-efficacy possessed by individuals, the lower the level of fear of failure experienced when facing the process of entering the workforce.

Keywords: Career Self-Efficacy, Fear of failure, Vocational High School Graduates, Mechanical Engineering