

ABSTRAK

Indri Kadias Tuti Rahayu. 210541100094. Pengaruh *Growth Mindset* Terhadap Kesiapan Karier Pada Siswa Sekolah Menengah Kejuruan (SMK). Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura. 2026.

Transisi dari dunia pendidikan menuju dunia kerja menuntut siswa SMK kesiapan karier yang memadai. Namun tingginya angka pengangguran lulusan SMK di Indonesia menunjukkan bahwa kesiapan karier yang dimiliki oleh siswa masih belum optimal. Salah satu faktor yang diduga berperan dalam meningkatkan kesiapan karier adalah *growth mindset*, yaitu keyakinan bahwa kemampuan dan keterampilan dapat dikembangkan melalui usaha, strategi yang tepat dan pembelajaran berkelanjutan. Oleh karena itu, penelitian ini bertujuan untuk mengetahui pengaruh *growth mindset* terhadap kesiapan karier pada siswa Sekolah Menengah Kejuruan (SMK).

Penelitian ini menggunakan pendekatan kuantitatif, dengan sampel berjumlah 347 siswa SMK Negeri di Kota Malang yang dipilih menggunakan teknik *cluster random sampling* pada tingkat sekolah. Data dikumpulkan menggunakan skala *Growth Mindset* ($\alpha = 0,816$) dan skala Kesiapan Karier ($\alpha = 0,912$). Analisis data menggunakan regresi linear sederhana. Hasil penelitian menunjukkan bahwa *growth mindset* berpengaruh secara positif dan signifikan terhadap kesiapan karier siswa SMK ($t = 27,323$; $0,001 < 0,05$), dengan nilai koefisien determinasi sebesar 0,684 yang menunjukkan bahwa *growth mindset* menjelaskan 68,4% varian kesiapan karier siswa. Hal ini menunjukkan bahwa semakin tinggi *growth mindset* yang dimiliki siswa, semakin tinggi pula kesiapan kariernya. Berdasarkan hal tersebut, dapat disimpulkan bahwa *growth mindset* merupakan salah satu faktor yang berkontribusi terhadap kesiapan karier siswa SMK.

Kata Kunci: *Growth Mindset*, Kesiapan Karier, Siswa SMK.

ABSTRACT

Indri Kadias Tuti Rahayu. 210541100094. *The Effect of Growth Mindset on Career Readiness of Vocational High School Students. Psychology Study Program, Faculty of Social and Cultural Sciences, Universitas Trunodjoyo Madura. 2026.*

The transition from education to the world of work requires vocational high school (SMK) students to possess adequate career readiness. However, the high unemployment rate among SMK graduates in Indonesia indicates that students' career readiness is still not optimal. One factor that is believed to contribute to career readiness is growth mindset, which refers to the belief that abilities and skills can be developed through effort, appropriate strategies, and continuous learning. Therefore, this study aimed to examine the effect of growth mindset on career readiness among vocational high school (SMK) students.

This study employed a quantitative approach with a sample of 347 public vocational high school (SMK) students in Malang City, selected using cluster random sampling at the school level. Data were collected using the Growth Mindset Scale ($\alpha = 0.816$) and the Career Readiness Scale ($\alpha = 0.912$). Data were analyzed using simple linear regression. The results showed that growth mindset had a positive and significant effect on students' career readiness ($t = 27.323$, $p < .001$), with a coefficient of determination (R^2) of 0.684, indicating that growth mindset explained 68.4% of the variance in students' career readiness. These findings suggest that students with higher levels of growth mindset tend to demonstrate higher levels of career readiness. In conclusion, growth mindset is one of the factors that contributes to career readiness among vocational high school (SMK) students.

Keywords: *growth mindset, career readiness, vocational high school students*