

ABSTRAK

Remaja memiliki tugas perkembangan yang sangat penting yaitu membuat keputusan seputar karir. Pengambilan keputusan karir pada remaja Indonesia salah satunya dipengaruhi oleh peran orang tua. Penelitian mengungkapkan bahwa orang tua yang terlalu mengatur membuat anak kesulitan membuat keputusan karir. Meski demikian, terdapat variabel psikologis yang mungkin saja memengaruhi. Tujuan dari penelitian ini adalah untuk mengetahui bagaimana hubungan antara *helicopter parenting* dengan *career decision-making* pada remaja dimediasi oleh *self-efficacy*. Desain penelitian berupa kuantitatif survey dengan metode *accidental sampling* dengan responden 136 orang siswa (77 perempuan, 54 laki-laki, 5 memilih untuk tidak menjawab) yang sedang duduk di bangku kelas 12 SMA X di Surabaya. Data dikumpulkan menggunakan *Career Decision-Making Indicator* (CDMI) untuk mengukur kemampuan pengambilan keputusan karir remaja, *Helicopter Parenting Instrument* (HPI) untuk mengukur persepsi remaja terkait pola asuh yang diterima dari orang tuanya, dan *General Self-Efficacy Scale* (GSES-12) untuk mengukur efikasi diri remaja. Hasil pengujian menunjukkan bahwa *self-efficacy* berperan sebagai mediator hubungan *helicopter parenting* dan *career decision-making*. Selain itu dalam penelitian ini ditemukan bahwa jenis kelamin, jumlah saudara kandung, urutan kelahiran, konsentrasi jurusan pendidikan, pendidikan terakhir ayah dan ibu, pekerjaan ayah dan ibu, serta pendapatan kedua orang tua tidak berkaitan dengan *career decision-making*. Penelitian ini menunjukkan pentingnya *self-efficacy* dalam memediasi hubungan *helicopter parenting* dan *career decision-making*.

Kata kunci: *helicopter parenting*, *self-efficacy*, *career decision-making*, remaja

ABSTRACT

Adolescents have a very important developmental task: making decisions about careers. Career decision-making among Indonesian adolescents is influenced by the role of parents. Research reveals that overly controlling parents make it difficult for children to make career decisions. However, there are psychological variables that might influence it. The purpose of this study was to find out how the relationship between helicopter parenting and career decision-making in adolescents is mediated by self-efficacy. The research design was a quantitative survey using the accidental sampling method with 136 respondents (77 girls, 54 boys, 5 chose not to answer) who were in grade 12 at SMA X in Surabaya. Data was collected using the Career Decision-Making Indicator (CDMI) to measure adolescent career decision-making abilities, the Helicopter Parenting Instrument (HPI) to measure adolescent perceptions regarding parenting received from their parents, and the General Self-Efficacy Scale (GSES-12) to measure adolescent self-efficacy. The test results show that self-efficacy acts as a mediator between helicopter parenting and career decision-making. In addition, this study found that gender, number of siblings, birth order, concentration of education majors, father's and mother's last education, father's and mother's occupation, and income of both parents were not related to career decision-making. This study shows the importance of self-efficacy in mediating the relationship between helicopter parenting and career decision-making.

Keywords: *adolescent; career decision-making; helicopter parenting; self-efficacy*