

## Peran mediasi makna hidup pada pengaruh psychological hardiness terhadap adaptabilitas karier siswa SMK di Indonesia = the mediating role of meaning of life on the effect of psychological hardiness towards career adaptability among Indonesian vocational students.

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### Abstrak

Studi ini merupakan penelitian kuantitatif yang membahas peran makna hidup pada pengaruh psychological hardiness terhadap adaptabilitas karier. Adaptabilitas karier diukur dengan Career Adapt-Abilities Scale-International Form (CAAS) yang telah dikembangkan oleh Savickas & Porfeli (2013), psychological hardiness diukur dengan Dispositional Resilience Scale 15-Revised yang dikembangkan oleh Bartone (2007), dan makna hidup yang diukur dengan Meaning in Life Questionnaire (MLQ) yang dikembangkan oleh Steger dkk (2006). Responden penelitian ini merupakan 608 orang siswa SMK yang berdomisili di Indonesia. Hasil penelitian ini menunjukkan bahwa makna hidup memiliki efek mediasi parsial pada pengaruh psychological hardiness terhadap adaptabilitas karier. Sementara itu, psychological hardiness memiliki pengaruh langsung terhadap adaptabilitas karier.

.....This study is a quantitative research about the role of meaning of life on the effect of psychological hardiness towards career adaptability. Career adaptability was measured with Career Adapt-Abilities Scale-International Form (CAAS) developed by Savickas & Porfeli (2013), psychological hardiness was measured with Dispositional Resilience Scale 15-Revised developed by Bartone (2007), and meaning of life was measured with Meaning in Life Questionnaire (MLQ) developed by Steger dkk (2006). Participants of this research are 608 vocational students who are currently living in Indonesia. Results showed that meaning of life partially mediated the effect of psychological hardiness towards career adaptability. However, psychological hardiness has a strong direct effect towards career adaptability.