

Peran Fleksibilitas Kognitif Dalam Mediasi Hubungan Antara Mindfulness Dan Adaptabilitas Karier = The Role Of Cognitive Flexibility In Mediating The Relationship Between Mindfulness And Career Adaptability In Final Year College Student

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Abstrak

Perkembangan zaman dan revolusi industry membawa perubahan terhadap tuntutan karier dan kompetensi sumber daya manusia sehingga para mahasiswa tingkat akhir harus mampu beradaptasi untuk terjun ke dunia kerja. Penelitian korelasional ini melihat hubungan mindfulness dan adaptabilitas karier para mahasiswa tingkat akhir. Penelitian ini juga meninjau peran mediasi dari fleksibilitas kognitif. Hasil penelitian pada mahasiswa tingkat akhir (N=150) menggunakan alat ukur CAAS-Indonesian version, CFS, dan MAAS menunjukkan bahwa mindfulness berhubungan positif dengan adaptabilitas karier ($\hat{I}^2 = 0,13$; SE= 0,04; t = 3,36; p<0,05; 95%; CI = [0,02-0,25]). Penelitian ini juga menunjukkan bahwa fleksibilitas kognitif memiliki peran mediasi secara parsial dalam hubungan antara mindfulness dan adaptabilitas karier ($\hat{I}^2 = 0,09$; SE= 0,03; t = 2,00; p<0,05; 95%; CI = [0,03-0,16]).

.....The development of the times and the industrial revolution 4.0 brought changes to career demands and human resource competencies so that final year students must be able to adapt to enter the Work field. This correlational study looks at the relationship between mindfulness and career adaptability in Final year College student, and this study also examined the mediating role of cognitive flexibility. The results of research on final year students (N=150) using the CAAS-Indonesian version, CFS, and MAAS measurement tools show that Mindfulness is positively related to career adaptability ($\hat{I}^2 = 0.13$; SE= 0.04; t = 3.36; p<0.05; 95%; CI = [0.02-0.25]). This study also shows that Cognitive Flexibility has a partially mediating role in the relationship between mindfulness and career adaptability ($\hat{I}^2 = 0.09$; SE= 0.03; t = 2.00; p<0.05; 95%; CI = [0.03-0.16]).