

Abstrak

Abstract

This study was motivated by the fact that many final-year female students experience confusion in making career decisions due to a lack of information and social pressure. The purpose of this research is to determine the influence of self-management and social support on career decision making. The study employed a quantitative approach with a causal correlational design. The research subjects were 371 final-year students from UIN Sunan Gunung Djati Bandung, class of 2021, selected through accidental sampling. Data were collected using online questionnaires and analyzed using multiple linear regression. The results show that self-management and social support simultaneously have a significant effect on career decision making. Partially, self-management has a significant effect, while social support has no significant effect. This study concludes that an individual's ability to manage themselves plays an important role in facing the career decision-making process more maturely.

Keywords: *Self Management, Social Support, Career Decision Making*

Abstrak

Penelitian ini dilatar belakangi oleh masih banyaknya mahasiswi tingkat akhir yang mengalami kebingungan dalam menentukan karir akibat kurangnya informasi serta tekanan sosial. Tujuan penelitian ini untuk mengetahui pengaruh *self management* dan *social support* terhadap *career decision making*. Penelitian menggunakan pendekatan kuantitatif dengan rancangan kausal korelasional. Subjek penelitian adalah 371 mahasiswi UIN Sunan Gunung Djati Bandung angkatan 2021, dipilih melalui *accidental sampling*. Pengumpulan data dilakukan dengan kuesioner *online* dan dianalisis menggunakan regresi linier berganda. Hasil menunjukkan bahwa *self management* dan *social support* secara simultan berpengaruh signifikan terhadap *career decision making*. Secara parsial, *self management* berpengaruh signifikan, sedangkan *social support* tidak berpengaruh signifikan. Penelitian ini menyimpulkan bahwa kemampuan individu dalam mengelola diri berperan penting dalam menghadapi proses pengambilan keputusan karir secara lebih matang.

Kata Kunci: *Manajemen Diri, Dukungan Sosial, Pengambilan Keputusan Karir*