

Abstrak

Mahasiswa tingkat akhir menghadapi transisi menuju dunia kerja yang dapat menimbulkan kecemasan karier. Kondisi tersebut dapat berkaitan dengan kecenderungan membandingkan diri dengan orang lain dan rasa takut mengalami kegagalan. Penelitian ini bertujuan mengetahui pengaruh perbandingan sosial dan *fear of failure* terhadap kecemasan karier pada mahasiswa tingkat akhir UIN Sunan Gunung Djati Bandung. Penelitian menggunakan pendekatan kuantitatif dengan teknik *purposive sampling* terhadap 318 mahasiswa. Data dikumpulkan menggunakan INCOM, PFAI, dan CAS, kemudian dianalisis dengan regresi linier berganda. Hasil menunjukkan perbandingan sosial dan *fear of failure* secara simultan berpengaruh signifikan terhadap kecemasan karier ($F = 84,629$; $p < 0,001$), dengan kontribusi 35,0% ($R^2 = 0,350$). Secara parsial, perbandingan sosial ($\beta = 0,148$; $p = 0,005$) dan *fear of failure* ($\beta = 0,501$; $p < 0,001$) berpengaruh positif dan signifikan. Dengan demikian, semakin tinggi kedua variabel tersebut, semakin tinggi kecemasan karier mahasiswa tingkat akhir.

Kata Kunci : perbandingan sosial, *fear of failure*, kecemasan karier, mahasiswa

Abstract

Final-year students face a transition to the workforce that may lead to career anxiety. This condition may be associated with the tendency to compare oneself with others and fear of failure. This study aimed to examine the effects of social comparison and fear of failure on career anxiety among final-year students at UIN Sunan Gunung Djati Bandung. This quantitative study employed purposive sampling with 318 final-year students. Data were collected using the INCOM, PFAI, and CAS and analyzed using multiple linear regression. The results showed that social comparison and fear of failure simultaneously had a significant effect on career anxiety ($F = 84.629$; $p < 0.001$), with a contribution of 35.0% ($R^2 = 0.350$). Partially, social comparison ($\beta = 0.148$; $p = 0.005$) and fear of failure ($\beta = 0.501$; $p < 0.001$) had positive and significant effects. Thus, higher levels of social comparison and fear of failure were associated with higher career anxiety among final-year students.

Keywords: social comparison, fear of failure, career anxiety, final-year students