

Abstrak

Persaingan dunia kerja dan tuntutan kualifikasi profesi keguruan yang semakin ketat sering kali memicu kekhawatiran pada mahasiswa tingkat akhir. Diskusi pertemanan yang berlebihan mengenai ketidakpastian ini serta tingginya kesadaran akan realitas persaingan justru dapat memunculkan *future career anxiety*. Penelitian ini bertujuan untuk mengetahui pengaruh *peer support* dan *career self-efficacy* terhadap *future career anxiety* pada mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional dan rancangan kausalitas. Data dikumpulkan melalui kuesioner terhadap 248 mahasiswa tingkat akhir Fakultas Tarbiyah dan Keguruan UIN Sunan Gunung Djati Bandung yang dipilih dengan teknik non-probability sampling jenis accidental sampling. Instrumen yang digunakan meliputi *Peer Support Scale*, *Career Decision Self-Efficacy Scale-Short Form*, dan *Future Career Anxiety Scale*. Analisis regresi menunjukkan bahwa *peer support* berpengaruh signifikan terhadap *future career anxiety* ($p=0,000$) dengan kontribusi sebesar 44,5%. Sedangkan *career self-efficacy* berpengaruh positif signifikan terhadap *future career anxiety* ($p=0,000$) dengan kontribusi sebesar 25,6%. Secara simultan, keduanya berpengaruh signifikan terhadap *future career anxiety* dengan nilai R square sebesar 0,701. Hasil menunjukkan bahwa 70,1% variansi *future career anxiety* dapat dijelaskan oleh *peer support* dan *career self-efficacy*. Temuan dalam penelitian ini dapat menjadi pertimbangan bagi Fakultas Tarbiyah dan Keguruan untuk menyediakan layanan bimbingan karier yang komprehensif serta informasi rekrutmen profesi yang jelas, sehingga interaksi pertemanan dan persiapan karier mahasiswa tidak berkembang menjadi kepanikan kolektif atau kecemasan yang berlebihan.

Kata Kunci : *peer support, career self efficacy, future career anxiety*

Abstract

The highly competitive job market and increasingly strict qualifications for the teaching profession often trigger concerns among final-year students. Excessive peer discussions regarding this uncertainty, coupled with a high awareness of the competitive reality, can actually provoke future career anxiety. This study aims to examine the influence of peer support and career self-efficacy on future career anxiety among students. This study uses a quantitative approach with a correlational method and a causal design. Data were collected through questionnaires administered to 248 final-year students from the Faculty of Tarbiyah and Teacher Training at UIN Sunan Gunung Djati Bandung, selected using a non-probability sampling technique, specifically accidental sampling. The instruments used in this study included the Peer Support Scale, Career Decision Self-Efficacy Scale-Short Form, and Future Career Anxiety Scale. The results of regression analysis indicate that peer support has a significant effect on future career anxiety ($p=0.000$) with a contribution of 44.5%. Meanwhile, career self-efficacy also has a significant positive effect on future career anxiety ($p=0.000$) with a contribution of 25.6%. Simultaneously, both variables have a significant effect on future career anxiety, with an R square value of 0.701. These findings suggest that 70.1% of the variance in future career anxiety can be explained by peer support and career self-efficacy. The findings of this study may serve as a reference for the Faculty of Tarbiyah and Teacher Training to provide comprehensive career counseling services and clear professional recruitment information, thereby preventing peer interactions and career preparations from escalating into collective panic or excessive anxiety.

Keywords: *peer support, career self efficacy, future career anxiety*