

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara kecerdasan emosional dan meaning in life dengan perencanaan karir di fase quarter-life crisis pada mahasiswa. Subjek penelitian adalah mahasiswa UIN Sunan Gunung Djati Bandung angkatan 2020 dengan jumlah keseluruhan sebanyak 261 sampel yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian melibatkan skala kecerdasan emosional, skala meaning in life (MLQ), dan skala perencanaan karir. Hasil analisis deskriptif menunjukkan bahwa skor kecerdasan emosional tertinggi adalah 81 dan terendah 30, skor meaning in life tertinggi adalah 36 dan terendah 14, serta skor perencanaan karir tertinggi adalah 64 dan terendah 21. Uji hipotesis menunjukkan adanya hubungan signifikan antara kecerdasan emosional dan meaning in life dengan perencanaan karir. Nilai adjusted R square sebesar 0,675 menunjukkan bahwa 67,5% variasi dalam perencanaan karir dapat dijelaskan oleh kecerdasan emosional dan meaning in life. Hasil uji F menunjukkan nilai sebesar 271,099 dengan signifikansi 0,000 ($p < 0,05$). Uji T untuk kecerdasan emosional memiliki nilai 13,669 (Sig 0,000), dan uji T untuk meaning in life memiliki nilai 13,011 (Sig 0,000). Uji regresi linear berganda menunjukkan bahwa kecerdasan emosional ($\beta = 0,428$) dan *meaning in life* ($\beta = 0,837$) memiliki pengaruh positif terhadap perencanaan karir. Simpulan dari penelitian ini adalah kecerdasan emosional dan *meaning in life* memiliki kontribusi yang signifikan terhadap perencanaan karir mahasiswa di fase quarter life crisis. Oleh karena itu, disarankan agar institusi pendidikan dan mahasiswa fokus pada pengembangan kecerdasan emosional dan eksplorasi *meaning in life* untuk membantu mahasiswa dalam merencanakan karir mereka dengan lebih baik.

Kata Kunci : *Kecerdasan Emosional, Meaning in Life, Perencanaan Karir, Quarter life crisis.*



Abstrak

This study aims to determine the relationship between emotional intelligence and meaning in life with career planning during the quarter-life crisis phase among students. The subjects of the study were 261 students from UIN Sunan Gunung Djati Bandung, class of 2020, selected using purposive sampling. The research instruments included the Emotional Intelligence Scale, the Meaning in Life Questionnaire (MLQ), and the Career Planning Scale. Descriptive analysis results showed that the highest emotional intelligence score was 81 and the lowest was 30, the highest meaning in life score was 36 and the lowest was 14, and the highest career planning score was 64 and the lowest was 21. Hypothesis testing indicated a significant relationship between emotional intelligence and meaning in life with career planning. The adjusted R square value of 0,675 indicates that 67,5% of the variation in career planning can be explained by emotional intelligence and meaning in life. The F-test result showed a value of 271,099 with a significance of 0,000 ($p < 0.05$). The T-test for emotional intelligence had a value of 13,669 (Sig 0.000), and the T-test for meaning in life had a value of 13,011 (Sig 0.000). Multiple linear regression analysis showed that emotional intelligence ($\beta = 0.428$) and meaning in life ($\beta = 0.837$) positively influenced career planning. The conclusion of this study is that emotional intelligence and meaning in life significantly contribute to career planning among students during the quarter-life crisis phase. Therefore, it is recommended that educational institutions and students focus on developing emotional intelligence and exploring meaning in life to help students better plan their careers.

Keywords: *Emotional Intelligence, Meaning in Life, Career Planning , Quarter life crisis.*

