

**EFEKTIVITAS KONSELING *TRAIT AND FACTOR* DENGAN TEKNIK
MODELLING UNTUK MENINGKATKAN KEMATANGAN PILIHAN
KARIR SISWA SMK NEGERI 1 SUKASADA**

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ABSTRAK

Kesiapan seseorang dalam menyelesaikan fase perkembangan karirnya disebut sebagai kematangan pilihan karir. Hal ini diindikasikan oleh kecakapan dalam merancang masa depan, mengeksplorasi data karir, mengidentifikasi urgensi penentuan pilihan, serta menginternalisasi pemahaman seputar dunia kerja. Studi ini dilaksanakan dengan tujuan mengevaluasi pengaruh konseling kelompok berbasis *trait and factor* yang diintegrasikan dengan teknik *modelling* terhadap tingkat kematangan karir peserta didik. Pendekatan kuantitatif dengan desain eksperimen semu (*quasi-experimental*) diterapkan dalam penelitian ini. Melalui teknik *purposive sampling*, dipilih dua kelompok dengan jumlah masing-masing 34 partisipan, yakni siswa kelas XI DKV 2 selaku kelompok eksperimen dan siswa kelas XI Kuliner 3 selaku kelompok kontrol. Prosedur penjarangan data dilakukan lewat instrumen observasi, wawancara, serta penyebaran angket. Sebelum dilakukan pengujian hipotesis dengan analisis *independent sample t-test*, data terlebih dahulu diuji prasyarat melalui uji sebaran normalitas dan varians homogenitas. Berdasarkan kalkulasi statistik, ditemukan nilai signifikansi sebesar $p = 0,001 < 0,05$. Temuan tersebut mengindikasikan secara empiris bahwa intervensi layanan konseling *trait and factor* dibantu teknik *modelling* terbukti efektif menaikkan skor kematangan pilihan karir siswa di SMK Negeri 1 Sukasada.

Kata Kunci: Kematangan Pilihan Karir, Merencanakan Karir, Mencari Informasi, Mengambil Keputusan Karir

***THE EFFECTIVENESS OF TRAIT AND FACTOR COUNSELING WITH
MODELLING TECHNIQUES IN IMPROVING CAREER CHOICE
MATURITY OF STUDENTS AT SMK NEGERI 1 SUKASADA***

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ABSTRACT

Career choice maturity is defined as an individual's capability to master career developmental tasks according to their respective stages. This quality is reflected in the competence to design future plans, explore career-related information, recognize the urgency of decision-making, and internalize an understanding of the working world. This study was conducted to evaluate the effects of group counseling based on the trait and factor approach integrated with modelling techniques on students' career maturity levels. A quantitative approach with a quasi-experimental design was employed in this research. Through a purposive sampling technique, two groups with an equal size of 34 participants each were selected, namely students of class XI DKV 2 as the experimental group and students of class XI Culinary 3 as the control group. The data collection procedure was executed through observation instruments, interviews, and questionnaire distribution. Prior to testing the hypothesis using an independent sample t-test analysis, the data underwent prerequisite testing via normality distribution and variance homogeneity tests. Based on the statistical computation, a significance value of $p = 0.001 < 0.05$ was obtained. These empirical findings indicate that the intervention of trait and factor counseling services assisted by modelling techniques is proven effective in enhancing the career choice maturity scores of students at SMK Negeri 1 Sukasada.

Keywords: *Career Choice Maturity, Career Planning, Searching for information, Career Decision Making*