

**PENGARUH *FAMILY SUPPORT* DAN *PEER SUPPORT* TERHADAP
CAREER DECISION SELF-EFFICACY ATLET YANG BERKULIAH DI
FAKULTAS OLAHRAGA DAN KESEHATAN UNDIKSHA**

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ABSTRAK

Kajian ini bertujuan untuk menguji pengaruh *family support* dan *peer support* terhadap *career decision self-efficacy* atlet yang berkuliah di Fakultas Olahraga dan Kesehatan (FOK) Undiksha. Penelitian ini menerapkan pendekatan kuantitatif kausal dengan melibatkan 60 atlet sebagai responden melalui teknik sampel jenuh. Data dikumpulkan menggunakan kuesioner berskala *likert* yang telah memenuhi uji validitas dan reliabilitas dengan taraf 5% atau 0,05, kemudian dianalisis dengan menggunakan regresi linear berganda. Hasil analisis menunjukkan bahwa *family support* dan *peer support* berpengaruh terhadap *career decision self-efficacy* pada atlet yang berkuliah di FOK Undiksha secara parsial maupun simultan. Adapun hasil dari uji parsial (uji t) menunjukkan bahwa variabel *family support* memiliki nilai *p-value* (*sig.*) sebesar 0,003 dan variabel *peer support* memiliki nilai *p-value* (*sig.*) sebesar 0,028. Sedangkan hasil uji simultan (uji F) diperoleh nilai *p-value* (*sig.*) sebesar 0,005, sehingga nilai *p-value* yang diperoleh dari uji parsial (uji t) dan uji simultan (uji F) sama-sama lebih kecil dari 0,05, sehingga dapat dikatakan bahwa variabel *family support* dan *peer support* memiliki pengaruh terhadap *career decision self-efficacy* pada atlet. Adapun nilai koefisien determinasi (R^2) pada nilai diperoleh sebesar 0,334 yang bermakna bahwa variasi variabel *family support* dan *peer support* memiliki kemampuan untuk menjelaskan 33,4% variasi variabel *career decision self-efficacy* pada atlet yang berkuliah di Fakultas Olahraga dan Kesehatan Undiksha. Temuan ini mengindikasikan bahwa lingkungan sosial terdekat seperti keluarga dan teman sebaya, memiliki peran penting dalam memperkuat kepercayaan diri atlet ketika menentukan pilihan karir, meskipun masih terdapat faktor lain di luar dari model yang digunakan pada penelitian ini.

Kata Kunci: atlet, *career decision self-efficacy*, *family support*, mahasiswa, *peer support*.

***THE INFLUENCE OF FAMILY SUPPORT AND PEER SUPPORT ON
CAREER DECISION SELF-EFFICACY OF ATHLETES STUDENTS AT
THE FACULTY OF SPORTS AND HEALTH UNDIKSHA***

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ABSTRACT

This study aims to examine the influence of family support and peer support on career decision self-efficacy of athletes studying at the Faculty of Sports and Health (FOK) Undiksha. This study applies a causal quantitative approach involving 60 athletes as respondents through a saturated sampling technique. Data were collected using a Likert-scale questionnaire that has met the validity and reliability test at a level of 5% or 0.05, then analyzed using multiple linear regression. The results of the analysis indicate that family support and peer support influence career decision self-efficacy in athletes studying at FOK Undiksha partially and simultaneously. The results of the partial test (t-test) show that the family support variable has a p-value (sig.) of 0.003 and the peer support variable has a p-value (sig.) of 0.028. Meanwhile, the results of the simultaneous test (F test) obtained a p-value (sig.) of 0.005, so that the p-value obtained from the partial test (t test) and the simultaneous test (F test) were both smaller than 0.05, so it can be said that the family support and peer support variables have an influence on career decision self-efficacy in athletes. The coefficient of determination (R^2) value obtained was 0.334, which means that variations in the family support and peer support variables have the ability to explain 33.4% of the variation in the career decision self-efficacy variable in athletes studying at the Faculty of Sports and Health Undiksha. This finding indicates that the closest social environment such as family and peers, has an important role in strengthening athletes' self-confidence when determining career choices, although there are still other factors outside the model used in this study.

Keywords: *athlete, career decision self-efficacy, family support, peer support, student.*