

DAFTAR PUSTAKA

- Kementerian Agama Republik Indonesia. *Al-Qur'an dan Terjemahannya Edisi Penyempurnaan 2019*. Jakarta: Lajnah Pentashihan Mushaf Al-Qur'an, 2019.
- Ath-Thabrani, Abu al-Qasim Sulaiman bin Ahmad. *Al-Mu'jam Al-Ausath*. Kairo: Dar al-Haramain, t.t.
- Lana Del Rey, "Ride (Monologue)," *Ride Music Video*, Interscope Records, 2012.
- Del Rey, Lana. "Brooklyn Baby." *Ultraviolence*. New York: Interscope Records, 2014.
- Badan Pusat Statistik. (2025). *Survei Angkatan Kerja Nasional (Sakernas) Februari 2025*. Badan Pusat Statistik Republik Indonesia.
- Kim, J., Oh, J., & Rajaguru, V. (2022). *Job-Seeking Anxiety and Job Preparation Behavior of Undergraduate Students. Healthcare*, 10(2), 288. <https://doi.org/10.3390/healthcare10020288>
- Pratiwi, R., et al. (2024). Psychological stress among fresh graduates in job seeking process. *KnE Social Sciences*.
- Nevid, J. S., Rathus, S. A., & Greene, B. (2005). *Psikologi abnormal*. Erlangga.
- Hoshino, K., & Maki, N. (2010). Influence of job-hunting anxiety on job-hunting: From the viewpoint of coping. *Japanese Journal of Educational Psychology*. <https://doi.org/10.4992/jjpsy.80.512>
- Yang, X., et al. (2025). Job search anxiety and flourishing among university students: The serial mediating effects of social support and strengths use. *BMC Psychology*.
- Andriany, D., dan M. L. Elfina. "Career Self-Efficacy and Future Career Anxiety on Indonesian Fresh Graduates During Pandemic." *Jurnal Kajian Bimbingan dan Konseling* 8, no. 1 (2023): 24-32. <https://doi.org/10.17977/um001v8i12023p24-32>
- Savickas, Mark L. "Career Construction Theory and Practice." Dalam *Career Development and Counseling: Putting Theory and Research to Work*,

- diedit oleh Steven D. Brown dan Robert W. Lent, 147-183. Hoboken, NJ: John Wiley & Sons, 2013.
- Fitria, R., & Aulia, S. (2023). *The Relationship Between Social Support and Career Anxiety in Fresh Graduates Who Are Looking for Work in Padang City. Causalita: Journal of Psychology*, 1(2). <https://doi.org/10.62260/causalita.v1i2.14>
- Atikah, D. N., Kurniawati, F., & Rifameutia, T. (2023). Students' career anxiety: A systematic literature review. *Jurnal Pendidikan dan Pembelajaran*, Universitas Lampung.
- Laily, D. F. N., & Andriyani, I. N. (2025). Dampak kecemasan dalam menghadapi dunia kerja pada fresh graduate alumni. *Jurnal Bimbingan Konseling*, UIN Ar-Raniry.
- Mahza, F., & Setiaji, T. D. (2025). *Adaptabilitas karier (career adaptability) dan upaya peningkatannya pada generasi Z: Telaah literatur sistematis. Prosiding Konseling Kearifan Nusantara (KKN)*, 4. <https://doi.org/10.29407/k0jx3s03>
- Artahayest, Nomina Yusha. "Self-Efficacy With Career Adaptability for Final Students The SWCU Psychology Faculty." *Jurnal Ilmiah Bimbingan Konseling Undiksha* 12, no. 2 (2021). <https://doi.org/10.23887/jibk.v12i2.34018>
- Savickas, M. L., & Porfeli, E. J. (2012). *Career adapt-abilities scale: Construction, reliability, and measurement equivalence across 13 countries. Journal of Vocational Behavior*, 80(3) <https://doi.org/10.1016/j.jvb.2012.01.011>
- Savickas, M. L. (2005). Career adaptability as self-regulatory capacities in career development. *Journal of Vocational Behavior*, 66(1).
- Spurk, D., Hirschi, A., & Dries, N. (2016). *Antecedents and outcomes of career adaptability: A meta-analysis. Journal of Vocational Behavior*, 98. <https://doi.org/10.1016/j.jvb.2016.10.003>
- W. Patton dan J. Lokan, "Perspectives on Donald Super's Construct of Career Maturity," *International Journal for Educational and Vocational Guidance* 1, no. 1-2 (2001).

- Othman, R., Ahmad, N., dan Abdullah, S. "Positive Psychological Capital and Career Adaptability among University Students." *Journal of Applied Psychology* 15, no. 4 (2022).
- Santilli, S., et al. "Career Adaptability, Hope, and Life Satisfaction in Workers." *Journal of Vocational Behavior*, Vol. 98, 2017.
- Dursun, M. T., & Argan, M. T. (2017). *Does Personality Affect Career Adaptability? International Journal of Humanities, Social Sciences and Education*, 4(10). <http://dx.doi.org/10.20431/2349-0381.0410014>
- Savickas, M. L. (1997). Career adaptability: An integrative construct for life-span, life-space theory. *The Career Development Quarterly*, 45(3).
- Ardiansyah, et al. (2022). Kajian psikoanalisis Sigmund Freud. *Jurnal Kependidikan*, 7.
- Nevid, J. S., Rathus, S. A., & Greene, B. (2018). *Abnormal psychology* (9th ed.). Pearson Education.
- Rahmawaty, Patria, & Zulkifli. (2021). Kecemasan pada mahasiswa tingkat akhir dalam mencari peluang kerja di masa pandemi Covid-19 di Kota Balikpapan.
- Febrianti, S., et al. (2023). Peran career adaptability terhadap career anxiety pada mahasiswa tingkat akhir. *Jurnal Muara Medika dan Psikologi Klinis*, 3(2). Fitriani, A., Priyatama, A. N., Setyowati, R., Anggarani, F. K., Setyanto, A. T., Azzahra, R. Q., & Septiana Afifah, S. R. (2024). *Effects of Career Development Education on Students' Future Career Anxiety and Career Adaptability. Wacana: Jurnal Psikologi*, 16(2). <https://doi.org/10.20961/wacana.v16i2.91835>
- Mulyono, M., Sugiarti, S., & Erlangga, E. (2023). Pengembangan Job Seeker Career Adaptability Scale.
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif dan R&D*. Alfabeta.
- Sulaiman, Wahid. *Analisis Regresi Menggunakan SPSS: Contoh Kasus dan Pemecahannya*. Yogyakarta: Penerbit Andi, 2004.
- Azwar, Saifuddin. *Metode Penelitian*. Yogyakarta: Pustaka Pelajar, 2017.
- Azwar, Saifuddin. *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar,

2017.

- Anggoro, Wahyu Jati, dan Wahyu Widhiarso. "Konstruksi dan Identifikasi Properti Psikometris Instrumen Pengukuran Kebahagiaan Berbasis Pendekatan Indigenous Psychology: Studi Multitrait-Multimethod." *Jurnal Psikologi* 37, no. 2 (2010).
- Rudolph, C. W., Lavigne, K. N., & Zacher, H. "Career Adaptability: A Meta-Analysis of Relationships with Measures of Adaptivity, Adapting Responses, and Adaptation Results." *Journal of Vocational Behavior*, Vol. 98, 2017.
- Guan, Yanjun, Hui Deng, Jia Sun, Yue Wang, Zhaoli Cai, Ling Ye, Yao Li, dan Yu Li. "Career Adaptability, Job Search Self-Efficacy and Outcomes: A Three-Wave Investigation Among Chinese University Graduates." *Journal of Vocational Behavior* 83, no. 3 (2013).
- Hirschi, Andreas. "Career Adaptability Development in Adolescence: Multiple Predictors and Effect on Sense of Power and Life Satisfaction." *Journal of Vocational Behavior* 74, no. 2 (2009).
- Yang, Xiaoyu, Xiaoqing Zhao, Xia Liu, dan Cheng Fan. "Job Search Anxiety and Flourishing Among University Students: The Serial Mediating Effects of Social Support and Strengths Use." *BMC Psychology* 13, no. 1 (2025).
- Tesalonia, S. P., & Wibowo, D. H. (2023). Hubungan adaptabilitas karier dan kecemasan menghadapi dunia kerja pada mahasiswa tingkat akhir. *Jurnal Cakrawala Ilmiah*, 2(11).