

LAPORAN TESIS

**PENERAPAN PELATIHAN “PLANS” UNTUK
MENINGKATKAN KEMATANGAN KARIR SISWA SMA**



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22.E3.0009

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**Diajukan dalam Rangka Memenuhi
Salah Satu Syarat Memperoleh
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Penerapan Pelatihan “PLANS” Untuk Meningkatkan Kematangan Karir Siswa SMA

Rico Kornelius Wahani¹

Fakultas Psikologi, Unika Soegijapranata Semarang
ricowahani@gmail.com

Alphonsus Rachmad Djati Winarno²

Fakultas Psikologi, Unika Soegijapranata Semarang
rdwinarno@unika.ac.id

Praharesti Eriany³

Fakultas Psikologi, Unika Soegijapranata Semarang
praharesti@unika.ac.id

Abstract

Selecting and preparing for a career is crucial during a teenager's development stage. However, many students failed to complete career development tasks and illustrated lack of career maturity. This issue must be addressed, as it can contribute to higher unemployment rates and job mismatches. This study aimed to assess the effectiveness of PLANS (advanced study planning) training in enhancing students' career maturity. This experimental research utilized a randomized pretest-posttest control design. We determined the sample selection by screening all 42 11th-grade high school students. Sixteen students with low career maturity scores were randomly divided into two groups. The evaluation of research data was conducted using the Wilcoxon signed-rank test and Mann-Whitney U Test. The study proved that (1) the intervention did not significantly increase the students' career maturity ($\alpha = 0.069 (> 0.05)$); (2) there was no significant difference in career maturity levels between the control group and the experimental group ($\alpha = 0.50 (> 0.05)$). This indicated that the "PLANS" training had not been proven effective in increasing students' career maturity. However, the research data showed a significant impact on the attitude aspect of career maturity after the intervention ($\alpha = 0,043 (<0,05)$).

Keywords: Career maturity, PLANS training, high school students

Abstrak

Memilih dan mempersiapkan karir merupakan hal yang krusial pada tahap perkembangan remaja. Namun, banyak siswa belum mencapai tugas perkembangan karir dan hal tersebut mengindikasikan kurangnya kematangan karir siswa. Masalah ini harus ditangani, karena dapat berkontribusi pada tingkat pengangguran yang lebih tinggi dan ketidaksesuaian pekerjaan. Penelitian ini bertujuan untuk menguji efektivitas pelatihan PLANS (perencanaan lanjut studi) dalam meningkatkan kematangan karir siswa. *Randomized pretest-posttest control design* diaplikasikan pada studi eksperimen ini. Pemilihan sampel ditentukan dengan melakukan penyaringan terhadap 42 siswa kelas 11 SMA. Sebanyak 16 siswa dengan skor