

ABSTRAK

Penelitian ini bertujuan untuk melihat peningkatan pengetahuan perencanaan karir pada siswa SMA di Kecamatan Nisam melalui psikoedukasi menggunakan media video. Materi media video dibuat berdasarkan teori perencanaan karir oleh Dillard (1985). Data dalam penelitian ini diperoleh melalui metode penelitian kuasi eksperimen dengan pendekatan *one group pretest-posttest design* dan menggunakan skala tes pengetahuan perencanaan karir yang disusun oleh peneliti. Subjek dalam penelitian ini berjumlah 77 orang yang ditentukan melalui teknik *purposive sampling*. *Purposive sampling* adalah teknik pengambilan sampel berdasarkan tujuan tertentu. Hasil penelitian menunjukkan bahwa terjadi peningkatan pengetahuan subjek tentang perencanaan karir yang terlihat dari perbedaan antara nilai pretest dan posttest yang diperoleh subjek. Hasil uji hipotesis (*wilcoxon*) memperoleh nilai *Asymp. Sig. (2-tailed)* sebesar $0,000 < 0,05$. Hal ini menunjukkan bahwa terdapat peningkatan pengetahuan tentang perencanaan karir setelah pemberian psikoedukasi melalui media video pada siswa SMA di Kecamatan Nisam.

Kata Kunci: Media Video, Perencanaan karir, Psikoedukasi, Siswa

ABSTRACT

This study aims to examine the improvement of career planning knowledge among high school students in Nisam District through psychoeducation using video media. The video was created based on the career planning theory by Dillard (1985). The data in this study were obtained through a quasi-experimental research method with a one-group pretest-posttest design approach and using a career planning knowledge test scale prepared by the researcher. The subjects in this study were 77 people and selected using purposive sampling technique. Purposive sampling is a sampling technique based on a specific object. The results of the study showed that there was an increase in the subjects' knowledge about career planning as seen from the difference between the pretest and posttest scores obtained by the subjects. The results of the hypothesis test (Wilcoxon) obtained an Asymp. Sig. (2-tailed) value of $0.000 < 0.05$. This indicates that there was an increase in knowledge about career planning after the provision of psychoeducation through video media in high school students in Nisam District.

Keywords: Career Planning, Psychoeducation, Students, Video Media