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**CAREER PSYCHOEDUCATION TO IMPROVE CAREER MATURITY OF
ADOLESCENTS**

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ABSTRACT

Career decision-making is an important skill that must be possessed by adolescents in determining their future. Career decision-making is related to career orientation in adolescents. Growth in orientation is related to environmental growth and self-exploration, and the growth of environmental exploration will be related to progress in commitment and career decision status. Data in the field found regarding career readiness and maturity in adolescents in Bangkingan Village is still relatively low. This research is a type of literature study (literature review). The research method used in the research is qualitative research method and the data sources used in this research are secondary data obtained from several journals, articles, and previous studies as well as field data obtained through interviews with residents in Bangkingan Village which the author has reviewed related to the problems to be studied in this study. The career psychoeducation provided can help adolescents recognize and explore their potential talents and interests in adolescents and plan careers to achieve the maturity of adolescent career orientation in the area.

Keywords: Career Maturity, Psychoeducation, Career Orientation

INTRODUCTION

Career decision-making is an important skill that must be possessed by adolescents in determining their future (Lam and Santos 2018). Career decision-making is related to career orientation in adolescents. Of course, this skill can be learned and taught to adolescents (Jiang 2016). Adolescence is an unstable period that causes them to have many views and career paths that lie ahead (Wang and Jiao 2022). Growth in orientation is related to environmental growth and self-exploration, and environmental exploration growth will be related to progress in commitment and career decision status (Arjanggi 2017). Determination of career choices is based on the student's own decision based on an understanding of abilities and interests as well as an introduction to careers that exist in society (Fahmi and Ali 2022). The difficulties experienced by students in choosing and determining a career cannot be denied, many students do not understand that a career is a way of life to achieve a good life in the future (Trisnowati 2016).

Psychoeducation is an intervention that can be carried out in individuals, groups, and families that focuses on educating or explaining to the counselee about the challenges or problems experienced in the counselee's life (Brown et al. 2020). In addition, psychoeducation also helps the counselee to develop coping skills to deal with challenges or problems experienced by the counselee, as well as develop sources of social support and support in dealing with these challenges or problems (PRATIWI 2020). Then, according to (Suryani 2017) psychoeducation is a health education provided to patients with both physical illnesses and mental disorders with the aim of overcoming the psychological problems that are being experienced by these patients.. Meanwhile, according to (Alfianto, Apriyanto, and Diana 2019), Psychoeducation is defined as a modality of action delivered by a professional by integrating and synergizing psychotherapy and educational interventions to be given to the counselee (ERYILMAZ and Kara 2020). So that from several definitions of psychoeducation, it can be concluded that psychoeducation is an action taken by a professional counselor in the scope of health given to patients or counselees who experience psychological problems by providing information and education through therapeutic communication.

The purpose of the psychoeducational services carried out by the counselor is that the counselor is expected to increase the achievement of the counselee's knowledge related to the problems being faced, teach how teaching techniques as an effort to help the counselee to protect the individual's self by knowing the symptoms of behavior that may cause problems, and provide support to the individual. (Nurmalisyah 2018).

The psychoeducation provided in the career field is motivated by a phenomenon that occurs in a village called Bangkingan in Surabaya City. According to field data obtained by the author, it shows that the level of knowledge of career orientation in junior and senior high school adolescents in the area is still relatively low. This is known through the activities of the Family Learning Center in Bangkingan Village. Through these activities, parents can come and consult about anything experienced in the family. The majority of reports and complaints that come from residents or parents who have teenage children are about the lack of career readiness. The purpose of career psychoeducation is to facilitate teenagers in Bangkingan Village to plan their careers in order to have maturity in career orientation in the future.

METHODOLOGY

This research is a type of literature study (literature review). The review model that the author chose was a narrative review where the study was conducted by comparing data obtained from several journals reviewed by the author (Snyder 2019). The research method used in the research is qualitative research method and the data sources used in this research are secondary data obtained from several journals, articles, and previous studies as well as field data obtained through interviews with residents in Bangkingan Village which the author has reviewed related to the problems to be studied in this study. Researchers use descriptive analytical methods by collecting, preparing, and analyzing researched data.

RESULT AND DISCUSSION

The rapid pace of the post-modern world of work characterized by the development of science and technology has led to the emergence of new fields in the world of work. (Pambudi and Kesuma 2016). The development of the 21st century has led to the creation of new fields of work and careers that adolescents should be aware of. Careers are increasingly diverse, fragmented and global, becoming an important concept that prioritizes career adaptability, and directs one's development in the context of work. (Zacher, Ambiel, and Noronha 2015). Today's work life faces uncertain and ever-changing situations caused by the times and the rapid development of technology. Therefore, a person should adapt to life and his work environment as much as possible in order to survive in maintaining his career (Garcia et al. 2015). A person's ability to adapt to changes in the labor market and working conditions is related to career adaptability. (Avavidya 2021).

Data in the field found regarding career readiness and maturity in adolescents in Bangkingan Village is still relatively low. This was obtained through interviews with a number of residents and parents who have teenagers in the area. Most of them said that adolescents or their children who are teenagers are still confused about what steps to take after they graduate from school. The talents and interests of teenagers in this case are also a matter of confusion. Through the family learning center activities available in the area can be an alternative solution in dealing with existing problems. The family learning center in its main function is as a facilitator and provider of consultation/counseling services for local residents. Facilitators are tasked with providing socialization and psychoeducation with various relevant topics needed by residents. The topics range from parenting, family welfare, introduction to talents and interests, and so on. One of the psychoeducation that can be given to teenagers in the area is related to talent, interest, and career planning.

Career planning can be defined as a process by which an individual chooses career goals and career paths to achieve those goals. As a process that aims to systematically match career goals and individual abilities with opportunities to fill them, career planning can be defined as a process by which an individual chooses career goals and career paths to achieve those goals. (Massie 2015). The process of choosing career goals certainly requires direction and guidance (Karavdic,2014). Children and adolescents who are confused in their career planning need to be guided and given education about the career. Career psychoeducation provided to adolescents in junior high school education aims to :

1. Deeper self-understanding of abilities, interests, and desires.

2. Stabilize the motivation to learn as a preparation for future life.
3. Get to know the various fields of work that are suitable for them.
4. Understand the differences between the various fields of work that exist.
5. Get to know the various fields of education majors in the college to be chosen.
6. Understand that different types/fields of work demand different types of knowledge and skills..
7. Understand the personal and social value of various types of work
8. Understand the various major positions in a field of work and understand their differences.
9. Able to make decisions to achieve his/her career goals.
10. Able to choose a field of work that is still broad enough to be studied in more depth.
11. Able to choose the type of training education according to goals or aspirations

Then, for adolescents with high school education, career psychoeducation aims to :

1. Understand yourself more deeply (abilities, interests).
2. Understand the situation of the world of work in the country (urgent fields, fields that are scarce in demand).
3. Understand the meaning of division of tasks and cooperation in work organizations. Understand that different types of work require different knowledge and skills.
4. Be familiar with the various types of higher education that he/she may enter (nature and purpose, requirements and preparation to be fulfilled, and types or fields of work that can be entered after completing it).
5. Recognize the need to be more specific about their career goals.
6. Is able to develop more specific plans to realize them career goals.
7. Able to implement various plans in order to prepare themselves to enter a certain specific job or career by choosing the right major in high school or high school, taking various courses, and continuing their studies to college or appropriate further vocational education. Psychoeducation has various types and models, starting from the information model, the skills training model, the supportive model, the comprehensive model, the multiple family group model, the multiple family group therapy model, and the behavioral family management model..

In this case, the psychoeducation provided is in the form of an information model. The information model is a psychoeducation model that prioritizes the provision of knowledge. The aim of this model is to increase the knowledge of psychoeducation participants about the topic being discussed. (Nurmalisyah 2018). The topics discussed, of course, are about honing talents, interests and career planning. Career psychoeducation that is carried out can help adolescents in Bangkingan Village to be able to recognize and explore the potential of talents and interests in themselves. In addition, the career psychoeducation conducted can provide provisions for adolescents in the area to have career planning so that it will create a more mature career orientation for adolescents in Bangkingan Village.

CONCLUSION

Psychoeducation is an intervention that can be carried out on individuals, groups, and families that focuses on educating or explaining to the counselee about the challenges or problems experienced in the

counselor's life. The rapid post-modern world of work characterized by the development of science and technology has penetrated into the emergence of new fields in the world of work. Career decision making is an important skill that must be possessed by adolescents in determining the future of adolescents. Career decision making is related to career orientation in adolescents. Of course, this skill can be learned and taught to adolescents. Through career psychoeducation services with information models, it can help deal with the problem of immature career planning experienced by a number of adolescents in Bangkingan Village. The career psychoeducation provided can help adolescents recognize and explore the potential talents and interests in adolescents and plan careers in order to achieve the maturity of adolescent career orientation in the area.

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