

ABSTRACT

Rozak Fathur. Life Skill-Based Career Guidance Services to Increase Negeri 1 Krucil Students' Self-Confidence in Choosing Majors in College Students of SMA. Skripsi. Guidance and Counselling Study Program. Education Science Department. Teacher Training and Education Faculty. Darul Ulum Jombang University. Under the supervision of Dra, Hj, Miftahul Djannah M, Pd, I dan Agus Rizal S.Sos,M.Pd.

Keywords: *life skills-based career guidance, self-confidence in choosing majors in College*

This research aims to explain the implementation of life skills-based career guidance to increase SMA Negeri 1 Krucil students' self-confidence in choosing majors in college. This research used a quantitative approach with quasi-experimental methods and a non-equivalent control group design of XI grade students of SMA Negeri 1 Krucil. Data analysis techniques were 1) normality test; 2) homogeneity test; and 3) independent t-test.

The results showed that students' self-confidence in choosing majors is higher after attending life skills-based career guidance services. It is demonstrated by the hypothesis test using the independent sample t-test calculation, which shows that the results of the final test of self-confidence of students who attend life skills-based career assistance differ from those of students who receive general guidance.

The mean pre-test score of the students' self-confidence in the experimental group and the control group differs by 4, with the experimental group's average pretest score of 53.3 and the control group's average pretest score of 49.3. After treatment, the experimental group who attended life skills-based career guidance have a higher post-test mean score than the control group students. The experimental group's post-test mean score is 76.5, while the control group's post-test mean score is 62.5. This difference in the post-test mean score suggests that life skills career counseling is successful in increasing students' self-confidence in higher education major selection.