

# HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN KEMATANGAN KARIR PADA GENERASI Z YANG MENGALAMI *BROKEN HOME* DI DAERAH ISTIMEWA YOGYAKARTA

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## RINGKASAN

Generasi Z merupakan kelompok usia yang sedang berada pada tahap eksplorasi karir. Kondisi *broken home*, akibat perceraian, ketidakhadiran orang tua secara fisik maupun emosional, maupun konflik berkepanjangan, dapat menghambat proses perkembangan kematangan karir. Dukungan sosial diyakini sebagai salah satu faktor yang berperan membantu individu menghadapi tantangan tersebut. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan kematangan karir pada Generasi Z yang mengalami *broken home* di Daerah Istimewa Yogyakarta. Penelitian ini menggunakan metode kuantitatif korelasional dengan teknik *purposive sampling*. Subjek penelitian berjumlah 145 orang yang berusia 15–25 tahun, mengalami *broken home*, dan berdomisili di Provinsi Daerah Istimewa Yogyakarta. Instrumen yang digunakan adalah skala dukungan sosial yang dimodifikasi dari Prijayanti (2015) berdasarkan teori Sarafino (2011), dan skala kematangan karir yang dimodifikasi dari Muniati (2023) berdasarkan teori Super (1978). Kedua instrumen telah melalui uji validitas dan reliabilitas. Analisis data menggunakan teknik korelasi *Spearman's rho* menunjukkan nilai koefisien korelasi  $r = 0,408$  dengan signifikansi  $p < 0,001$ . Dengan demikian, hipotesis penelitian diterima, yang berarti terdapat hubungan yang sangat signifikan antara dukungan sosial dan kematangan karir pada Generasi Z yang mengalami *broken home* di Daerah Istimewa Yogyakarta.

**Kata kunci:** *Generasi Z, Broken Home, Dukungan Sosial, Kematangan Karir*

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**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND CAREER  
MATURITY AMONG GENERATION Z WHO EXPERIENCED BROKEN  
HOMES IN THE SPECIAL REGION OF YOGYAKARTA**

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**ABSTRACT**

*Generation Z is an age group currently in the career exploration phase. Broken home conditions, due to divorce, physical or emotional parental absence, or prolonged conflict, can hinder the development of career maturity. Social support is believed to be one of the factors that plays a role in helping individuals face these challenges. This study aims to determine the relationship between social support and career maturity in Generation Z who experience broken homes in the Special Region of Yogyakarta. This study used a quantitative correlational method with a purposive sampling technique. The research subjects were 145 people aged 15–25 years, experiencing broken homes, and domiciled in the Special Region of Yogyakarta Province. The instruments used were a social support scale modified from Prijayanti (2015) based on Sarafino's theory (2011), and a career maturity scale modified from Muniati (2023) based on Super's theory (1978). Both instruments have undergone validity and reliability tests. Data analysis using Spearman's rho correlation technique showed a correlation coefficient value of  $r = 0.408$  with a significance of  $p < 0.001$ . Thus, the research hypothesis is accepted, which means there is a very significant relationship between social support and career maturity in Generation Z who experience broken homes in the Special Region of Yogyakarta.*

**Key word:** Z Generation, Broken Home, Social Support, Career Maturity

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