

ABSTRAK

Latar belakang dari penelitian ini adalah mengenai pentingnya proses perencanaan karir sejak dini, khususnya pada siswa SMA yang berada dalam tahap perkembangan remaja, serta pentingnya kemampuan *self-healing* dalam menghadapi berbagai tekanan psikologis yang dapat memengaruhi proses pengambilan keputusan karir. *Self-healing* merupakan proses pemulihan yang dilakukan secara mandiri oleh individu untuk mengatasi luka batin atau gangguan emosional yang dialaminya, dan memiliki keterkaitan erat dengan kepercayaan diri serta komunikasi intrapersonal. Kemampuan *self-healing* membantu siswa agar tetap tenang, percaya diri, serta memiliki motivasi dalam merancang masa depan dan mengambil keputusan yang berkaitan dengan pilihan karir. Penelitian ini bertujuan untuk mengetahui hubungan perencanaan karir dengan *self-healing* siswa SMA Shailendra Palembang. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Sampel dalam penelitian ini berjumlah 39 siswa kelas XII yang diambil menggunakan teknik simple random sampling. Teknik pengumpulan data dilakukan menggunakan angket perencanaan karir dan *self-healing* yang telah melalui uji validitas dan reliabilitas. Hasil penelitian menunjukkan bahwa ada hubungan perencanaan karir dengan *self-healing* siswa SMA Shailendra. Hal ini ditunjukkan dengan nilai $r = 0,148$ dan $p = 0,629$ yang lebih besar dari 0,05. Hubungan perencanaan karir dengan *self-healing* yang dilakukan dapat meningkatkan kemampuan mengatasi masalah dalam perencanaan karir, yang ditunjukkan dengan nilai rata-rata angket sebesar 82,40.

Kata kunci: Perencanaan Karir, *Self-healing*, Siswa SMA, Tekanan Psikologis

ABSTRACT

The background of this study concerns the importance of early career planning processes, particularly for high school students who are in the adolescent development stage, as well as the importance of self-healing abilities in facing various psychological pressures that can affect career decision-making processes. Self-healing is a recovery process carried out independently by individuals to overcome emotional wounds or emotional disturbances they experience, and has a close relationship with self-confidence and intrapersonal communication. Self-healing abilities help students remain calm, confident, and motivated in designing their future and making decisions related to career choices. This study aims to determine the relationship between career planning and self-healing among students at Shailendra High School Palembang. This study uses a quantitative approach with correlational methods. The sample in this study consisted of 39 grade XII students selected using simple random sampling technique. Data collection techniques were conducted using career planning and self-healing questionnaires that had undergone validity and reliability tests. The results showed that there is a relationship between career planning and self-healing among Shailendra High School students. This is indicated by the value of $r = 0.148$ and $p = 0.629$ which is greater than 0.05. The relationship between career planning and self-healing that was conducted can improve the ability to overcome problems in career planning, as indicated by the average questionnaire score of 82.40.

Keywords: *Career Planning, Self-healing, High School Students, Psychological Pressure*