

DAFTAR PUSTAKA

- Abdillah, Pius dan Syarifudin, Anwar. 2000. Kamus Saku: Bahasa Indonesia. Surabaya: Arloka.
- Ariyati, Ana Dwi. (2019). Pengaruh *trait hope* terhadap *career adaptability* pada mahasiswa jurusan psikologi UNNES. Under Graduates Thesis, UNNES.
- Anggraini, D., & Iswari, R. D. (2022). Optimisme dan Adaptabilitas Karir pada Mahasiswa di Era New Normal. *Jurnal Ilmiah Psikologi MIND SET*, 13(01), 79-88.
- Amrita, Yolanda. (2008). Sehat Mental Berjiwa Besar Berfikir Positif Tidak Cukup Tanpa Kekuatan Hati. Yogjakarta: Kreasi Wacana
- Buyukgoze-Kavas, A. (2014). *Validation of the Career Adapt-Abilities Scale-Turkish form and its relation to hope and optimism*. Australian Journal of Career Development, 23, 125-132. doi: 10.1177/1038416214531931
- Buyukgoze-Kavas, A. (2016). *Predicting Career Adaptability From Positive Psychological Traits*. The Career Development Quarterly, 64(2)
- Brown, S. D., & Lent, R. W. (2013). *Career development and counseling: putting theory and research to work*. In John Wiley & Sons (Vol. 53, issue 9).
- Bryant, F. B., & Cvengros, J. A. (2004). *Distinguishing Hope and Optimism: Two Sides of a Coin, or Two Separate Coins?* Journal of Social and Clinical Psychology, 23(2), 273–302.
- Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Clinical psychology review*, 30(7), 879-889
- Chang, L., & McBride-Chang, C. (1996). *The factor structure of the life orientation test*. *Educational and Psychological Measurement*, 56(2), 325-329.
- Chong, S., & Leong, F. T. L. (2017). *Antecedents of Career Adaptability in Strategic Career Management*, 25(2), 268–280. <https://doi.org/10.1177/1069072715621522>
- Goleman, Daniel. (2002). Kecerdasan Emosional Untuk Mencapai Puncak Prestasi. Alih bahasa : Alex Tri Kantjono Widodo. Jakarta : PT. Gramedia Pustaka
- Hirschi, A. (2009). *Career adaptability development in adolescence: Multiple predictors and effect on sense of power and life satisfaction*. Journal of Vocational Behavior, 74(2), 145–155. <https://doi.org/10.1016/j.jvb.2009.01.002>
- Hutz, C. S., Midgett, A., Pacico, J. C., Bastianello, M. R., & Zanon, C. (2014). *The relationship of hope, optimism, self-esteem, subjective well-being, and personality in Brazilians and Americans*. *Psychology*, 5(6), 514–522. <https://doi.org/10.4236/psych.2014.56061>

- Karacan, N., Azdemir, & Guneri, O. Y. (2017). *The Factors Contribute to Career Adaptability of HighSchool Students*. Eurasian Journal of Educational Research, 183-198
- Mahanani, G. I. (2018). Hubungan antara persepsi terhadap harapan orang tua dan optimisme dengan adaptabilitas karier pada mahasiswa tahun pertama di Universitas Sebelas Maret. Skripsi. Program Studi Psikologi. Fakultas Kedokteran. Universitas Negeri Surakarta
- McGinnis, A. L. (1995). Kekuatan Optimisme (Adiwiyoto, A, Penerj). Jakarta: Mitra Utama
- Othman, et al. (2018). *Positive Psychological Traits and Career Adaptability among Millennials*. International Journal of Academic Research in Business and Social Sciences, 8(9), 1420-1433
- Papalia, D. E., Old s, S. W., & Feldman, R. D. (2009). *Human Development* Perkembangan Manusia. Jakarta: Salemba Humanika.
- Pasangkin, F., & Huwae, A. (2022). Hubungan Hardiness dan Adaptabilitas Karir Pada Mahasiswa Tingkat Akhir. *Counsellia: Jurnal Bimbingan dan Konseling*, 12(1), 64-74.
- Porfeli, E. J., & Savickas, M. L. (2012). *Career Adapt-Abilities Scale-USA Form: Psychometric properties and relation to vocational identity*. Journal of Vocational Behavior, 80(3), 748–753. <http://dx.doi.org/10.1016/j.jvb.2012.01.009>.
- Pratzner, F. C., Ashley, W. L. (1984). *Occupational adaptability and transferable skills: Preparing today's adults for tomorrow's education*. Yearbook of the American Vocational Association. Arlington, TX: American Vocational Association.
- Rottinghaus, P. J., Day, S. X., & Borgen, F. H. (2005). *The Career Futures Inventory: A Measure of Career-Related Adaptability and Optimism*. Journal of Career Assessment, 13(1), 3–24. <https://doi.org/10.1177/1069072704270271>
- Santilli, S., Marcionetti, J., Rochat, S., Rossier, J., & Nota, L. (2017). *Career Adaptability, Hope, Optimism, and Life Satisfaction in Italian and Swiss Adolescents*. Journal of Career Development, 44(1), 62–76. <https://doi.org/10.1177/0894845316633793>
- Santrock, John W., (2008). Psikologi Pendidikan, Edisi Kedua. Jakarta: Kencana.
- Sartika, Dewi, 2002, tesis “Hubungan antara kematangan karier dan Self Esteem pada Sarjana Baru UNISBA angkatan ke-3, Program Magister Fakultas Psikologi, UNPAD.
- Savickas, M. L. (1997). *Career adaptability: An integrative construct for lifespan, life-space theory*. The Career Development Quarterly, 45(3), 247–259

- Savickas, M. L. (2005). *The theory and practice of career construction*. In S. D. Brown & R. W. Lent (Eds.), *Career development and counseling: Putting theory and research to work* (pp. 42–70). Hoboken, NJ: John Wiley & Sons.
- Savickas, M.L., & Porfeli, E.J. (2012). *Career adaptabilities scale: Construction, reliability, and measurement equivalence across 13 countries*. Journal of Vocational Behavior, 80, 661-673
- Scheier, M. F., & Carver, C. S. (1985). *Optimism, coping, and health: Assessment and implications of generalized outcome expectancies*. Health Psychology, 4(3), 219–247
- Schwartz, S. J., Co^te, J. E., & Arnett, J. J. (2005). *Identity and agency in emerging adulthood: Two developmental routes in the individualization process*. Youth and Society, 37, 201–229.
- Segerstrom, S. C., Taylor, S. E., Kemeny, M. E., & Fahey, J. L. (1998). *Optimism is associated with mood, coping, and immune change in response to stress*. Journal of Personality and Social Psychology, 74(6), 1646–1655. <https://doi.org/10.1037/0022-3514.74.6.1646>
- Seligman, M. E. P. (1991). *Learned optimism*. New York: Knopf.
- Seligman, M. (2005). Authentic Happiness: Menciptakan Kebahagiaan Dengan Psikologi Positif. Bandung: PT Mizan Pustaka.
- Sneed, J.R. and Whitbourne, S.K. (2005) *Models of the Aging Self*. Journal of Social Issues, 61, 375-388. <https://doi.org/10.1111/j.1540-4560.2005.00411.x>
- Solichah, C., & Setiaji, K. (2019). Pengaruh *Internal Locus of Control* dan Dukungan Sosial Terhadap *Career Adaptability*. Economic Education Analysis Journal, 8(2), 652-665. <https://doi.org/10.15294/eeaj.v8i2.31501>
- Sulistiani, W., Rahmania, A. M., Psikologi, F., & Hang, U. (2021). Volume 7 No 1 September 2021 Hubungan *Optimism* Dengan *Career Adaptability* Mahasiswa Selama Pandemi Covid-19. 7(1), 36–43
- Super, D. E., & Knasel, E. G. (1981). *Career Development In adulthood: Some Theoretical Problems and a Possible Solution*. British Journal of Guidance and Counselling, 9, 194-201. <https://doi.org/10.1080/03069888108258214>
- Ubaedy, A.N. (2007). Kedahsyatan Berpikir Positif. Jakarta: Vision
- Wijaya Andi Pranoto, Joko Kuncoro. (2020). *Indonesian Values dan Adaptabilitas Karier (Career Adaptability)* pada Siswa SMK NU Ungaran. PSISULA: Prosiding Berkala Psikologi, 2.