

CORELATION OF OVERTHINKING TOWARD CAREER DECISION AMONG COLLEGE STUDENTS

Hilma Agisna Nabila¹, Wahyunengsih², Melsa Mendyana³

¹ Islamic Couceling and Guidance, UIN Syarif Hidayatullah Jakarta, Banten

² Islamic Community Development, UIN Syarif Hidayatullah Jakarta, Banten

³ Islamic Couceling and Guidance, UIN Syarif Hidayatullah Jakarta, Banten

Email: melsa.mendyana21@mhs.uinjkt.ac.id

Abstrak

Tujuan penelitian ini adalah untuk mengkaji Hubungan antara sikap *Overthinking* dengan keputusan terhadap karier di kalangan Mahasiswa. Objek penelitian ini adalah para Mahasiswa dengan jumlah partisipisan yang terlibat adalah 101 Mahasiswa dari 21 perguruan tinggi, Pengumpulan data yang digunakan adalah questioner yang terdiri dari 14 pertanyaan. Adapun proses pengumpulan data dilakukan dengan metode platform Google form. Hasil penelitian menunjukkan bahwa secara kuantitatif para mahasiswa mengalami *Overthinking* dan sulit mengambil keputusan terhadap karier, banyak berpikir menjadi sulit menentukan keputusan dan sedikit kehilangan kepercayaan dan keberanian mengambil keputusan khususnya dalam karier dalam penelitian ini hasil menunjukan pada angka '524 yang artinya tingkat overthiking dan keputusan terhadap karier di kalangan mahasiswa ada pada korelasi sedang hal tersebut diukur menggunakan indikator psikologis dan terkait untuk melihat korelasi sikap overthinking dengan keputusan terkait karir dikalangan mahasiswa menggunakan statistik SPSS Pearson.

Kata Kunci: *Overthinking*, Karier dan Kondisi psikologis

PRELIMINARY

Previous studies related to this title include those conducted by Sofia, et all (2020) which stated that the online seminars (webinars) that were conducted proved able to increase people's knowledge and understanding of how to manage overthinking to reach the meaning of life. Second, Rodlyani and Difa Ardiyanti (2022) stated that self-esteem and peer conformity play a very important role in increasing CDMSE to students. The higher the self-esteem, the higher the CDMSE for students. Similarly, the higher the conformity of peers, the higher the CDMSE to students. And according to Fitriyanti, et all (2022) found that there was a significant relationship with the direction of a positive relationship between emotional maturity and career decision making. Then Mariah, et all (2020) stated that high career anxiety is caused because these students are still included in state anxiety, namely their emotional reactions are still temporary which arise in certain situations and are felt because of certain threats.

Research conducted by Amelia Solihati Widyastuti (2021) means that the higher the social support provided by parents, the lower the anxiety about students' future careers. Vice versa, the lower the social support provided by parents, the higher the anxiety about the students' future careers. Then Anisa Siti Nurjanah (2018) stated that fresh graduate students tend to be more anxious about the process of applying for jobs than disturbing, this is due to many factors, namely the lack of soft skills possessed by students, lack of information about work and lack of confidence in their own abilities. And Rusma Apriliana (2016) states Anxiety that can be experienced by students is anxiety about future careers because according to Feldman, Olds and Papalia (2008) choosing to continue their education or enter the world of work is a problem experienced by students after completing higher education. Anxiety in a person about his tasks causes procrastination to be done to reduce this anxiety (Burka & Yuen, 2008). One of the tasks that students have is a thesis, so that students with anxiety about their future career can do thesis procrastination. Lastly, according to Adriansyah, et all (2015) Training in managing life and planning for the future (MHMMMD) is more effective in reducing student career anxiety than cognitive behavior therapy (CBT) and positive thinking therapy. The difference between this study and previous research is that it explains more about overthinking attitudes and career-related decisions among students.

In the surrounding environment, many students are found after graduating from their studies confused about their future careers. Career anxiety is clearly experienced by final year students. Students and college students experience anxiety in deciding and choosing their careers. The students and students looked anxious and worried in thinking about their future. They often experience feelings of confusion and doubt about pursuing a career that is right for them. Students often encounter various problems in choosing their career. The problems faced will hinder students in achieving optimal career choices. It is this anxiety that makes a person depressed and as a result a person is afraid to look at the future optimistically, it will be even more fatal for a person to lose his enthusiasm for learning, drop out of college or do not want to continue his college level which is clearly a bridge to a brighter future. in order to find a job, due to the individual's lack of understanding of his own abilities

The object of this research is the students with the number of participants involved is 101 students from 21 universities. The data collection used is a questionnaire consisting of 14 questions. The data collection process is carried out using the Google form platform method. The results showed that descriptively the students experienced overthinking and had difficulty making decisions about careers, a lot of thinking became difficult to make decisions and a little lost confidence and courage in making decisions, especially in careers, this was measured using psychological indicators and related to see the correlation of overthinking attitudes with decisions. career-related students

METHODOLOGY

The method used in this research is a quantitative method with a hypothetical approach. This method seeks to capture the problems that exist in students and reveal temporary assumptions about the questions that arise in the current lifestyle of students. The hypothetical approach is carried out in situations that occur among students at this time, so that researchers are free to analyze the data obtained, there are no limits to interpreting the situation being studied. This study uses a hypothetical approach because it is supported by the fact that many

students currently experience overthinking and find it difficult to make decisions, especially in careers, this is also influenced by the environment and psychology of students in the long term.

The data obtained in this study were based on the results of 101 respondents in the category of 2nd, 4th, 6th, and 8th semester students who experienced overthinking and had difficulty making career decisions. Based on research as many as ,524** from 101 respondents, students in semester 2, 4, 6, and 8 tend to experience overthinking and have difficulty making decisions about careers. Research also reveals that students who often overthink are caused by low self-esteem or self-doubt. Some of the strategies used by students in overcoming overthinking vary depending on the high level of overthinking experienced by students in making decisions.

The data collection technique used in this research is through questionnaire data with statements that are considered relevant in revealing the conditions and phenomena of the relationship between overthinking and career decisions in accordance with the circumstances and conditions in the field.

Table 1 data is obtained from the results of research using a google from questionnaire which contains 14 questions and a full percentage of 100% by using the Yes and No options. and to use the Statistical Program for Social Science (SPSS) application, the researcher uses 2 variables, namely (Overhiking and Career) with the answer choices Yes and No, for the Yes option, the score is (2) and for the option no, the score is (1).

| No | Overthinking and Career Decisions Complaint | Yes (%) | No (%) |
|-----|---|---------|--------|
| 1. | Often Overthinking | 87,3% | 12,7% |
| 2. | The main cause of career Overthinking | 78,4% | 21,6% |
| 3. | Growing anxiety when you start Overthinking | 92,2% | 7,8% |
| 4. | Emotional maturity is one way to overcome Overthinking | 90,2% | 9,8% |
| 5. | Feeling loss of confidence when Overthinking | 87,3% | 12,7% |
| 6. | Frequently looking for career information | 25,5% | 74,5% |
| 7. | Afraid to decide on a career for fear of failure | 56,8% | 42,2% |
| 8. | It's normal for students to have overthinking | 92,2% | 7,8% |
| 9. | Career is always the cause of overthinking | 60,8% | 39,2% |
| 10. | Lack of support from close people | 65,7% | 34,3% |
| 11. | Losing the meaning of life when you start Overthinking | 70,3% | 29,7% |
| 12. | Follow career guidance | 38,4% | 61,6% |
| 13. | Confused and Doubt what career (don't know Fashion yet) | 80,2% | 19,8% |
| 14. | Loss of passion for a career | 59,4% | 40,6% |

Table. 1 Indicator overthinking and career decision correlation

RESULTS AND DISCUSSION

The results of the data obtained by students with overthinking tend to make it difficult to make career decisions. Loss of self-confidence, high levels of stress and loss of meaning in life. This results in the relationship between overthinking

and career decisions being at a moderate correlation value, but if it does not exist it will make students' lives more balanced and can determine or make decisions. For example, students think too much and make themselves indecisive and difficult to make decisions in life, especially in careers. Phenomena like this need to be addressed by solving problems one by one to avoid overthinking.

The need for self-management and time management to minimize the growth of overthinking attitudes which will make overthinking attitudes grow and make it difficult to make decisions about careers and the need to maximize oneself in carrying out positive activities so that comfort and self-meaningment grow so that you can firmly make choices.

The results of statistical calculations show that the relationship between overthinking behavior and future career decisions is on average in the moderate correlation. That is, when a student faces a period of intensive overthinking, it will not have a significant influence in choosing the type of work or career they will engage in after campus life.

Based on the research that has been done, it shows that students experience overthinking and find it difficult to make decisions, especially regarding careers. The correlation between overthinking that has an impact on career decisions experienced by 101 students from 21 universities in the correlation of overthinking and career decisions is; The significance value ($\text{Sig} \leq 0.05$) is rejected, meaning that the independent variable has a significant influence and even this is a simple regression, there are only 2 variables no more, from the correlation table above it can be seen that the correlation of overthinking and career decisions between students significantly affects a significant moderate correlation. The correlation is in the moderate figure as in Table 3 The coefficient interval and the relationship level are in the moderate correlation at 0.410 to 0.600 and this study is right at the 0.524 coefficient interval. Table 3 refer to the spss correlation rule, so in conclusion, there is a moderate relationship between overthinking and career decisions experienced by students from 21 universities, namely loss of trust and meaning in life, difficulty making decisions, lack of support from people closest to them, lack of seeking information about career opportunities. This can lead to anxiety, stress, and even depression. Stress, depression, and anxiety are the body's reactions to any demands on it (Jamil, 2015).

Below is a table of values for Overthinking and Career, there are 2 variables, namely overthinking and career. and if the respondent answers YES then he will get a Score of (2) but if he answers NO, he will get a Score of (1), from the table below, there are 8 questions related to overthinking and 6 questions related to careers. and below we present the results of 101 students in 21 universities

If the respondent answered all the questions Yes for the Overthinking variable the score was 16 and if the respondent answered all the questions Yes for the Career variable the score was 12. The total overall score for overthinking was 1461 and career was 1068 out of 101 respondents from 21 universities who answered and the table is clearer and more The complete list is in Appendix 1, namely the table that will be presented on the page after the bibliography.

For more details, see the table below, and the results of the correlation are moderate correlation between overthinking and career decisions among students.

| Correlations | | OVERTHING KING | CAREER |
|---------------|---------------------|----------------|--------|
| OVERTHINGKING | Pearson Correlation | 1 | ,524** |
| | Sig. (2-tailed) | | ,000 |
| | N | 101 | 101 |
| CAREER | Pearson Correlation | ,524** | 1 |
| | Sig. (2-tailed) | ,000 | |
| | N | 101 | 101 |

Table. 3 Various complaint that has psychological effects on 101 students from 21 universities in the correlation attitude overthinking with decision career related among collage students.

** . Correlation is significant at the 0.01 level (2-tailed).

Table 4 is a correlation category where we can see at what level of correlation we are overhinging in a career

| Coefficient Interval | Relationship Level |
|----------------------|----------------------|
| 0,00 - 0,200 | No Correlation |
| 0,21 - 0,400 | Weak Correlation |
| 0,41 - 0,600 | Moderate Correlation |
| 0,61 - 0,800 | Strong Correlation |
| 0,81 - 1,000 | Perfect Correlation |

Table. 4 Correlation Category

First, the causes of overthinking usually vary, generally it occurs when someone is considering a decision, trying to understand an action or other people's decisions, predict the future, reflect on what has happened as is the case with thinking about when the COVID-19 pandemic will end (Andiani,2020). (Fakhir) explained that Overthinking is also a psychological disorder because it can create anxiety (anxiety) in the sufferer. Someone who has Excessive anxiety can cause physical pain. Overthinking too often called paralysis analysis, where the person is constantly thinking about something problem without finding a solution Also described by Taylor et al. (2009) revealed social support in the form of providing assistance is one of the factors that can help in dealing with work anxiety. In line with the research conducted by Sari1 et al. (2018) that is there is feedback given by parents to children actively and effectively can protect children from feelings of anxiety and depression or emotional stress. In addition, the provision of guidance from parents can have a positive effect regarding work readiness, thus individuals tend not to experience career anxiety (Alfan, 2014).

Second, if students have difficulty making decisions, have difficulty losing the meaning of life, lack of support from parents or other closest people because of the busyness of each individual, sooner or later it will cause a sense of inadequacy. overthinking and worrying about career or

future. Which of these things will cause anxiety and difficulty making career decisions in him. It is also explained by (Sugara, 2014) that the emergence of anxiety is caused by worrying about complaining that something bad will happen. Third, Thai (2014: 3) explains that career anxiety is a different construct from career doubt because career anxiety doesn't automatically disappear after a career decision. A person's body will feel more tired when stressed or anxious (Permana, 2021).

Fourth, one of the causes the emergence of career anxiety in students is a feeling of fear of not get a job because of low academic grades obtained. career anxiety is related to individual anxiety about academic career and professional, afraid of disappointing family, and afraid to stay away from family and close friends because of work or academic needs. With in other words, during the college years, career anxiety may appear in many courses like a failed student meet family expectations or are unable to achieve desired goals desired, and cannot select the desired job. Mallet and Vignoli (Funda Nalbantoglu Yilmaz, 2018),

Fifth, based on research (Fenesha Flourenca, 2019) shows the results that career anxiety has an influence on the tendency to foreclose through the moderating role of parental attachment. The conclusion of this research is Commitment To Career Choice can affect student career anxiety which has a high category. To see career anxiety in this study, Researchers also use one of the same measuring tools as research The questionnaire is in the form of a self-report questionnaire, namely the Career Anxiety Scale (CAS) which created by Thai (2014). This measuring instrument was created with the aim of knowing career anxiety that can arise in students. Until the result The research obtained shows high career anxiety towards student.

In line with that, describe it. The report entitled "Analysis of Student Career Intelligence Levels" career anxiety is high because students are still included in state anxiety, namely their emotional reactions are still temporary that arise in certain situations and are felt because of certain threats. The situation is determined by subjective feelings of tension. Anxiety as a trait indicates a level of anxiety and a tendency to become anxious, while Overthinking as a condition is a feeling of overthinking that is not always present, but often arises because of certain threats. The relation with career is that overthinking as a condition becomes a stronger predictor in determining one's career than overthinking as a trait. This is because overthinking as a feeling that occurs at this time (state) is more easily influenced and changed than the personality of someone who is overthinking (nature). (Wan Mariyah 2019)

CONCLUSION

Based on the results of data collection, data analysis and discussion that has been presented, several conclusions are obtained regarding the relationship between overthinking and career. Overthinking is excessive thinking about something many people experience this without realizing it. For example, thinking too much about whether you have locked the door, or

thinking about whether you have washed your hands properly. As a result of health problems. These include high blood pressure, headaches, shortness of breath, and even the risk of having a heart attack. Actually there are many other diseases that can be caused. Excessive overthinking to think about something interferes with daily life. This disturbance significantly changes the priorities or decisions of students, the frequent overthinking in thinking about something causes several things to become the culprit. One of the most dominant is the difficulty in making decisions. Difficult to make this decision is relative and depends on the circumstances and priorities of each student.

Overthinking has an impact on all groups, especially students. Students who often experience overthinking tend to have difficulty making decisions and lose the meaning of life, reduce self-confidence, and even feel inferior. Too often overthinking can affect the psyche if it continues and is not addressed. It is important for students to respond to this so that it does not happen in the long term. His overthinking often affects the future. This should be avoided because the difficulty of making decisions will have an impact on the future.

However, if the relationship between overthinking and careers among students is handled with an Islamic attitude and maximally applied in all aspects and methods of life, so that in the end it minimizes the overthinking attitude and can firmly make decisions. Some of the ways in question are self and time management, self love and self confidence and minimizing anxiety about something that is uncertain.

REFERENCES

- Alfan, M. Z. (2014). Pengaruh bimbingan karir dan lingkungan sekolah melalui motivasi terhadap kesiapan kerja siswa kelas XII kompetensi keahlian akuntansi SMK Negeri 2 Magelang. Skripsi. Fakultas Ekonomi, Universitas Negeri Semarang, Indonesia.
- Ali Adriansyah, Muhammad, Diah Rahayu, Netty Dyan Prastika. 2015. Pengaruh Terapi Berpikir Positif, Cognitivebehavior therapy (CBT), Mengelola hidup dan Merencanakan Masa Depan (MHMMMD) Terhadap Penurunan Kecemasan Karir pada Mahasiswa Universitas Mulawarman.
- Amelia Solihati Widyastuti. 2021. Dukungan Sosial Orang Tua dan Kecemasan Terhadap Karir Masa Depan Pada Mahasiswa Tingkat Akhir di Yogyakarta
- Andiani, S. (2020). Menghilangkan Sifat Overthinking. *Junralpresisi.Com*, 1–2.
<https://jurnalpresisi.pikiran-rakyat.com/opini/pr-15653283/menghilangkan-sifatoverthinking>
- Anisa Siti Nurjanah. 2018. Kecemasan Mahasiswa Fresh Graduate Dalam Melamar Pekerjaan
- Apriliana, R. (2016). Hubungan Antara Kecemasan Terhadap Karir Masa Depan Dan Konsep Diri Akademik Dengan Prokrastinasi Skripsi Pada Mahasiswa Abstrak. *Psikologi Proyeksi*, 11(1), 24–35.
<https://doi.org/http://dx.doi.org/10.30659/p.11.1.24-35>
- Davis, L. W., Strasburger, A. M., & Brown, L. F. (2007). Mindfulness an Intervention for Anxiety in Schizophrenia. *Journal of Psychosocial Nursing*, 45, 23–29.
- Ega Fitriyanti, Andi Jaya Alam, Wahyuddin Rauf. 2022. Hubungan Kematangan Emosi terhadap Pengambilan Keputusan Karir Siswa MA dan SMK Pesantren

Pembangunan Muhammadiyah

- Fakhir, R. M. (2019). Dampak Buruk Overthinking Bagi Psikologis Dan Kesehatan. *JurnalPosMedia.Com*. <http://jurnalposmedia.com/overthinking-dan-dampak-buruknya/>
- Nurmina., Aviani, Y.I., Hermaleni.T., Rusli.D., & Lubis.A. (2019). Asesmen dan Intervensi psikologi untuk mengurangi stres psikologis pada para ibu di desaku menanti. *Jurnal PLAKAT*, 1 (2), 144-152
- Mariyah Wan. (2020). Analisis Tingkat Kecemasan Karier Siswa, 64-67. *Consilium Oktawirawan, D. H.* (2020). Faktor Pemicu Kecemasan Siswa dalam Melakukan Pembelajaran Daring di Masa Pandemi Covid-19. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(2), 541. <https://doi.org/10.33087/jiubj.v20i2.932>
- Rusma Apriliana. 2016. Hubungan Antara Kecemasan Terhadap Karir Masa Depan Dan Konsep Diri Akademik Dengan Prokrastinasi Skripsi Pada Mahasiswa
- Sari1, S. L., Devianti, R., & SAFITRI, N. (2018). Kelekatan Orangtua untuk Pembentukan untuk Pembentukan Karakter Anak. *Educational Guidance and Counseling Development Journal*, 1(1), 16. <https://doi.org/10.24014/egcdj.v1i1.4947>
- Sofia Lisda, Ayunda Ramadhani, Elda Trialisa Putri, As'liyanti Nor. 2020. Mengelola Overthinking untuk Meraih Kebermaknaan Hidup. *Jurnal Pelayanan Kepada Masyarakat*
- Sofia Lisda. (2020). Mengelola Overthinking Untuk Meraih Kebermaknaan Hidup. *Plakat*, 120-122.
- Tsai, C.-T. (Simon), Hsu, H., & Hsu, Y.-C. (2017). Tourism and Hospitality College Students' Career Anxiety: Scale Development and Validation. *Journal of Hospitality & Tourism Education*, 29(4), 158–165. <https://doi.org/10.1080/10963758.2017.1382365>
- Taylor, S. E., Peplau, L. A., & Sears, D. O. (2009). Psikologi Sosial. In Prenada Media Group.
- Thompson, M. N., Her, P., Fetter, A. K., & Perez-chavez, J. (2019). College Student Psychological Distress : Relationship to Self-Esteem and Career Decision SelfEfficacy Beliefs. 67(December), 282–297. <https://doi.org/10.1002/cdq.12199>.
- Wan Mariah, Yusmami, Rizky Andana Pohan. 2020. Analisis Tingkat Kecemasan Karir Siswa
- Wahyunengsih, W., & Sari, A. A. P. (2021). Penerapan Kesantunan Dalam Percakapan Berbahasa Inggris Online Dengan Penutur Asing Melalui Synchronous Media. *JURNAL LENTERA: Kajian Keagamaan, Keilmuan Dan Teknologi*, 20(2), 181-191.
- Waskito, P., Loekomono, J. T., & Dwikurnaningsih, Y. (2018). Hubungan Antara Mindfulness dengan Kepuasan Hidup Mahasiswa Bimbingan dan Konseling. *Jurnal Kajian Bimbingan Konseling*, 3(3), 99–107.
- Yilmaz, Funda Nalbantoglu. 2018. Hicran Cetin Gunduz, Career Indecision and Career Anxiety in High School Students: An Investigation Through Structural Equation Modelling. *Eurasian Journal of Educational Research*, 78(2), 23-42