

ABSTRACT

Jonathan (705150038)

Role of *Balance Time Perspective* and *Mindfulness* on College Students Career Decision-Making Difficulties; Dr. Fransisca Iriani R.D., M.Si. Undergraduate Program in Psychology, Universitas Tarumanagara, (i-xiv; 60 pages, R1-R6, Appendix 1-Appendix 96)

During this globalization era most highschool students chose to continue their study in university after highschool graduation to increase their competency and skill on their desired job. Past research found that most college students still experience career decision-making difficulties. Most research have been focusing about the internal cause of career decision-making difficulties, however there has not been much research on how to overcome it. The goal of this research is to find out the role of balance time perspective and mindfulness on college students career decision-making difficulties. Research design used is quantitative. Number of respondents are 602 college students (male: 24.8% and women: 75.2%) age 18-25 years (M:20.2; SD: 1.67) from various univesities in Indonesia that were chosen by convenience sampling with online and direct questionnaire. Instruments used in this research are Career Decision Difficulties Questionnaire, Zimbardo Time Perspective Inventory, Deviation Balance Time Perspective, and Mindful Attention Awareness Scale. The result of multiple regression shown that balance time perspective ($\beta= 0.436$, $p<0.05$) and mindfulness ($\beta= -0.207$, $p<0.05$) significantly affect career decision-making difficulties ($R^2 = 0.329$, $p < 0.05$).

Keywords: *balance time perspective*, *mindfulness*, *career decision difficulties*