

**ABSTRACT**  
**THE INFLUENCE OF PSYCHOLOGICAL WELL-  
BEING, CAREER ADAPTATION AND MASTERY OF  
INFORMATION TECHNOLOGY ON THE WORK  
READINESS OF CIAMIS STUDENTS IN FACING THE  
ERA OF SOCIETY 5.0**

*(Study on Ciamis Regional Student Families of Tasikmalaya)*

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*The purpose of this study was to determine the influence of psychological well-being, career adaptation, and mastery of information technology on students' work readiness in facing the Society 5.0 era. This study used a quantitative approach with a simple random sampling technique. The population in this study consisted of students who were members of the Tasikmalaya Regional Ciamis Student Family. The research sample amounted to 76 respondents who were randomly selected from the existing population. The data collection technique was carried out through the distribution of questionnaires prepared using a Likert scale to measure each research variable. The data that had been collected were then analyzed using the Partial Least Square–Structural Equation Modeling (PLS-SEM) method with the help of SmartPLS 4.1.1 software. The results showed that: (1) psychological well-being had a positive and significant effect on students' work readiness, (2) career adaptation had a positive and significant effect on students' work readiness, and (3) mastery of information technology had a positive and significant effect on students' work readiness.*

***Keywords:*** *Psychological Well-being, Career adaptation, Mastery of Information Technology, Work readiness.*

**ABSTRAK**  
**PENGARUH KESEJAHTERAAN PSIKOLOGIS,  
ADAPTASI KARIR DAN PENGUASAAN  
TEKNOLOGI INFORMASI TERHADAP KESIAPAN  
KERJA MAHASISWA CIAMIS DALAM  
MENGHADAPI ERA *SOCIETY* 5.0**

(Studi pada Keluarga Mahasiswa Ciamis Regional Tasikmalaya)

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Tujuan penelitian ini adalah untuk mengetahui pengaruh Kesejahteraan Psikologis, adaptasi karir, dan penguasaan teknologi informasi terhadap kesiapan kerja mahasiswa dalam menghadapi era *Society* 5.0. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik pengambilan sampel *simple random sampling*. Populasi dalam penelitian ini adalah mahasiswa anggota Keluarga Mahasiswa Ciamis Regional Tasikmalaya. Sampel penelitian berjumlah 76 responden yang dipilih secara acak dari populasi yang ada. Teknik pengumpulan data dilakukan melalui penyebaran kuesioner yang disusun menggunakan skala Likert untuk mengukur masing-masing variabel penelitian. Data yang telah terkumpul kemudian dianalisis menggunakan metode *Partial Least Square–Structural Equation Modeling* (PLS-SEM) dengan bantuan perangkat lunak SmartPLS 4.1.1 Hasil penelitian menunjukkan bahwa: (1) Kesejahteraan Psikologis berpengaruh positif dan signifikan terhadap kesiapan kerja mahasiswa, (2) adaptasi karir berpengaruh positif dan signifikan terhadap kesiapan kerja mahasiswa., (3) penguasaan teknologi informasi berpengaruh positif dan signifikan terhadap kesiapan kerja mahasiswa.

**Kata kunci:** Kesejahteraan Psikologis, Adaptasi karir, Penguasaan Teknologi Informasi, Kesiapan kerja.