

**HUBUNGAN ANTARA DUKUNGAN SOSIAL ORANG TUA DENGAN
KECEMASAN DALAM MENGHADAPI DUNIA KERJA MAHASISWA S1 UNDIP SELAMA
MASA PANDEMI COVID-19**

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ABSTRAK

Kecemasan menghadapi dunia kerja adalah kekhawatiran mengenai dunia kerja yang dialami oleh mahasiswa tingkat akhir, yang dapat menimbulkan gangguan perilaku, seperti perilaku menghindari jika berkaitan dengan dunia kerja, dan gangguan reaksi fisiologis. Dukungan sosial orang tua adalah bantuan yang diberikan oleh orang tua kepada individu dalam kehidupannya, yang dapat membuat individu merasa nyaman secara fisik dan psikologis, serta dapat membantu individu menemukan jati dirinya. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara dukungan sosial orang tua dengan kecemasan dalam menghadapi dunia kerja mahasiswa S1 Undip selama masa pandemi Covid-19. Subjek penelitian ini yaitu mahasiswa S1 Undip yang sedang mengambil mata kuliah skripsi dengan jumlah 225 subjek ditentukan dengan teknik *proportional cluster random sampling*. Metode pengumpulan data menggunakan skala psikologi yaitu skala dukungan sosial orang tua (71 aitem $\alpha=0,973$) dan skala kecemasan dalam menghadapi dunia kerja (59 aitem $\alpha=0,964$). Analisis data dilakukan menggunakan teknik analisis *Spearman rho* dengan koefisien korelasi $r_{xy} = -0,362$ dan signifikansi $p < .001$ ($p < 0,05$). Sumbangan efektif dukungan sosial orang tua terhadap kecemasan dalam menghadapi dunia kerja sebesar 16,1%. Hasil koefisien korelasi tersebut menunjukkan terdapat hubungan negatif antara dukungan sosial orang tua dengan kecemasan dalam menghadapi dunia kerja mahasiswa S1 Undip selama masa pandemi Covid-19.

Kata Kunci: Dukungan Sosial Orang Tua, Kecemasan dalam Menghadapi Dunia Kerja, Covid-19

THE CORRELATION BETWEEN PARENTS SOCIAL SUPPORT AND ANXIETY IN FACING THE WORLD OF WORK UNDIP S1 STUDENTS DURING THE COVID-19 PANDEMIC

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ABSTRACT

Anxiety facing the world of work is a concern about the world of work experienced by final year students, which can cause behavioral disturbances, such as avoidance behavior if it is related to the world of work, and impaired physiological reactions. Parental social support is assistance given by parents to individuals in their lives, which can make individuals feel physically and psychologically comfortable, and can help individuals find their identity. This study aims to determine whether there is a correlation between parental social support and anxiety in dealing with the world of work for Undip undergraduate students during the Covid-19 pandemic. The subjects of this study were Undip undergraduate students who were taking thesis courses with a total of 225 subjects determined by the proportional cluster random sampling technique. The data collection method used a psychological scale, namely the social support scale of parents (71 items = 0.973) and the anxiety scale in dealing with the world of work (59 items = 0.964). Data analysis was performed using Spearman's rho analysis technique with correlation coefficient $r_{xy} = -0.362$ and significance $p = <.001$ ($p < 0.05$). The effective contribution of parental social support to anxiety in dealing with the world of work is 16.1%. The results of the correlation coefficient show that there is a negative correlation between parental social support and anxiety in dealing with the world of work for Undip undergraduate students during the Covid-19 pandemic.

Keywords: Parents' Social Support, Anxiety in Facing the World of Work, Covid-19