

## **RELATIONSHIP BETWEEN ADVERSITY QUOTIENT WITH ANXIETY FACING THE WORLD OF WORK ON FRESHGRADUATE**

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### **ABSTRACTION**

Adversity quotient is a person's ability to use his intelligence to direct, change his way of thinking and actions when facing obstacles and difficulties, turning challenges into opportunities and individual abilities in overcoming difficulties and obstacles in his life. Anxiety facing the world of work is a concern experienced by individuals when faced with challenges in the world of work. Anxiety can be caused by many things including narrower job opportunities, increasingly fierce competition and more and more unemployment, less experience and the need for competencies such as knowledge, skills and attitudes or behavior. This study aims to see the relationship between the adversity quotient and the anxiety of facing the world of work in fresh graduates. This research is quantitative with data collection techniques using a questionnaire and a Likert scale model. The measuring instrument used in this study for adversity quotient is an aspect adapted from Stoltz (2005). For the scale of anxiety facing the world of work is an aspect adapted from Greenberger and Padesky (1995). The technique in this sample uses non-probability sampling with the purposive sampling method. The sample in this study was 150 freshgraduate students aged 21-24 years. Hypothesis testing in this study using Pearson Product Moment. The hypothesis in this study is accepted and there is a significant negative relationship between Adversity Quotient and Anxiety Facing the World of Work on Fresh Graduates. The direction of the correlation in this study is negative, which means that the higher the Adversity Quotient, the lower the Anxiety Facing the World of Work.

Key Word : *Adversity Quotient, Anxiety Facing the World of Work, Fresh Graduate.*  
(xii+73)