

**THE EFFECT OF ADVERSITY QUOTIENT ON ANXIETY  
FACING THE WORLD OF WORK FOR VOCATIONAL SCHOOL  
GRADUATES**

**Vallen Argiansyah Bahiz**

**16519455**

**Faculty of Psychology, Gunadarma University**

**ABSTRACT**

The high unemployment rate at the vocational high school level makes it difficult for human resources to find work, because the number of job opportunities is not proportional to the number of human resources, giving rise to anxiety about facing the world of work among vocational school graduates. This research aims to empirically test the influence of the adversity quotient on anxiety about facing the world of work in vocational school graduates. The sample in this study was 120 vocational school graduates. The research method used is a quantitative method with the population being vocational school graduate students from all majors, while the sample is vocational school graduate students with a minimum graduation time of 3 months and aged 17-21 years. The sampling technique in this research used the Accidental Sampling technique. The scale in this study uses the anxiety aspect according to Greenberger and Padesky (2004), while the adversity quotient according to Stoltz (2000). This research uses linear regression techniques. The research results show that the hypothesis is accepted, meaning that there is an influence of the adversity quotient on anxiety facing the world of work in vocational school graduates. Adversity quotient influences anxiety in facing the world of work by 54.3% and the remaining 45.7% is other factors outside the research variables.

**Keywords:** Anxiety, Adversity Quotient, Vocational School Graduates, World of Work.