

Anxiety Facing The World Of Work In Final Level Muslim Students

Trada Destarica, Muh. Mawangir, Iredho Fani Reza
Universitas Islam Negeri Raden Fatah Palembang
Corresponding email: iredhofanireza_uin@radenfatah.ac.id

ARTICLE INFO

Keywords

Anxiety
World Of Work
Muslim Students

ABSTRACT

This study aims to determine the efforts made by Muslim student to reduce anxiety in facing the world of work. This research includes descriptive qualitative research. Data collection methods in this study are interviews, observation and documentation, the process of data collection is done by interviewing three subjects. This research data analysis method used is the method of Miles and Huberman. This study shows that anxiety facing the world of work on the subjects studied is the final year students in the Faculty of Islamic Psychology face the problem of experiencing worries and fears about what jobs they will choose when they graduate college because the subject is not a time -disciplined person and the subject's desire to work in companies with adequate income, fears and worries felt by the subject make the subject experience physical disorders such as headaches and difficulty breathing.

Introduction

Students are defined as people who are studying in tertiary institutions (Big Indonesian Online Dictionary, kbbi.web.id). College students are the phase where a person has entered the late adolescent category and will enter early adulthood. Early adulthood begins at the age of 18 years until approximately the age of 40 years. The early adult phase is a period of adjustment to new life patterns and new social expectations (Park & Lee, 2022).

In the United States, the most common sign used to indicate a person is an adult is that the person has a full-time, full-time job; this usually happens when the individual has completed his schooling – high school, university or other professional education (Mahmud & Taufiq, 2024). Working in adulthood has become an obligation, because it is at this age that individuals are required to be independent in all things, including financially to meet their needs. Many tasks of early adult development,

tasks related to work and family life are very numerous, very important, and very difficult to overcome (Park & Lee, 2022).

In the current era, work or career is something important, by having a job someone can guarantee their life through the income they receive. However, in reality getting a job is not an easy thing, especially if the job criteria chosen are those that both individuals and families aspire to, and are in accordance with the education that has been undertaken. This is because to get a job will always be faced with a lot of competition, and it is not uncommon for companies or business entities to want prospective workers who have high qualifications.

The qualifications in question are, having a high cumulative index, mastering foreign languages or being able to master technology, having at least several years of experience, and graduating from college. With these qualifications, many job seekers are not absorbed in the world of work and end up unemployed, including those who are undergraduate (S-1) university graduates. One of the reasons for the high unemployment rate in Indonesia is that every year, various universities in Indonesia graduate thousands of new graduates from all corners of the country, whether they are graduates from private universities or state universities. Unfortunately, of the many graduates who are graduated by the university, the majority will certainly become unemployed.

The Central Statistics Agency (BPS) reports on employment conditions in Indonesia during February 2017 to February 2018. Based on data submitted by BPS, the open unemployment rate (TPT) for university graduates rose by 1.13 percent compared to February 2017. From 5.18 percent to 6.31 percent. This was conveyed by the Head of the Central Statistics Agency (BPS), Suhariyanto. He said unemployment of diploma I/II/III graduates also rose by 1.04 percent from 6.88 percent to 7.92 percent Shintaloka Pradita Sicca (2018, 7 May). BPS: Unemployment of University Graduates increased by 1.13 Percent [on-line]. Accessed on March 10, 2019 from <https://tirto.id/bps-pengangguran-lulusan-universitas-naik-113-persen-cJ3h>.

In this regard, based on data from the Central Statistics Agency on open unemployment according to the highest education completed. Labor absorption until August 2018 was still dominated by the working population with elementary school education and below as many as 50.46 million people (40.69 percent), junior high school as many as 22.43 million people (18.09 percent), high school as many as 22.34 million people (18.01 percent), and SMK as many as 13.68 million people (11.03 percent). The working population with higher education (Diploma and above) is 15.10 million people (12.18 percent) including 3.45 million people with Diploma education and 11.65 million people with University education, Indonesian Labor

Situation August 2018 (2018, 05 November) . BPS [on-line]. Retrieved March 3, 2019 from <https://www.bps.go>.

Based on the data above, of course, it causes unpleasant feelings for students. Every student who has graduated to become a bachelor, they hope to get a job based on the educational qualifications that have been undertaken before. However, from this phenomenon, it causes many final year students to feel anxious, because competition in the world of work is increasingly difficult, there are few available jobs, and students are faced with high workforce qualifications offered by institutions or companies. This anxiety is the psychological impact of their unclear fate after graduating from university (Wang, Sun, & Zhang, 2022).

This anxiety was also felt by Muslim Students. This is evidenced by the results of initial interviews with 2 students with the initials YY and SA who found several problems in getting a job. The interview excerpts are as follows:

YY, 06 March 2019

"In the future, after graduating, I am still confused about what to do because now I am still focusing on the thesis. I'm confused after graduating, will I stay in the city or return to the village because everything is still in the dark".

SA, 06 March 2019

"After graduating, I want to work if I can in a company, I'm just worried when I graduate because when I apply for a job there will be an interview and so on. I also feel afraid because I only have a few skills".

From the results of the initial interview, it can be seen that the two students feel anxious about their work later. Individuals who experience anxiety are influenced by several things, including negative experiences of behavior that have been carried out, such as concerns about failure to feel frustrated in certain situations and uncertainty about doing something (Liu, Li, & Liang, 2023).

Ghufron and Risnawita (2017: 145) state that the dynamics of anxiety, in terms of psychoanalytic theory, can be caused by bad pressures from past behavior and mental disorders. Judging from cognitive theory, anxiety occurs because of negative self-evaluation. Negative feelings about abilities and negative self-orientation. Based on the view of humanistic theory, anxiety is a worry about the future, namely worrying about what will be done.

Work defines a person fundamentally (Brougham & Hinkley, 2023). Work greatly affects the financial condition, the condition of the house, how to spend time, the location of the house, friends, and health. Some people acquire their identity through work. Work also creates a structure and rhythm in life which is often lost if the individual is not working for a certain period of time. There are many individuals

who experience emotional stress and low self-esteem because they are unable to work (Mahmud & Taufiq, 2024).

What makes the situation worse is that many young adults are still confused about what they will do in their lives after they finish their education. They often encounter the reality in life, that what they think, what they want to do is not available in society, offices and other fields of work. It could also be that this dismal situation occurs because they do not have enough knowledge and skills and experience in accordance with the requirements of the job offered, even though the school or course they attend is in accordance with the field of work offered (Park & Lee, 2022).

Many early adults who do not or lack the skills or training for a certain form of work in applying for various offices that are different from those applied for, do not match the skills and knowledge they have. This period is called the period of hoping to work (job hopping) which usually occurs when early adults are in their twenties and some even reach their thirties.

Therefore, based on the phenomena and literature that the researcher has described above, the researcher is interested in conducting a study with the title: Anxiety in Facing the World of Work in Final Year Muslim Students.

Method

The type of research used in this research is a type of qualitative research. Qualitative research is research that uses a scientific background, with the intention of interpreting phenomena that occur and is carried out by involving various existing methods. In qualitative research the methods usually used are interviews, observations, and utilization of documents (Kim & Choi, 2023).

The type used in this research is a descriptive approach. Descriptive research is research that seeks to describe a symptom, event, event that is happening now. Descriptive research focuses on actual problems as they were at the time the research took place. This research method does not use a hypothesis but only describes the information as it is in accordance with the variables studied. This method aims to describe the nature of something that was taking place at the time the research was conducted and examine the causes of a particular symptom (Reeve & Lee, 2023).

Research Data Sources

The main data sources in qualitative research are words and actions, the rest is additional data such as documents and others. In this regard, in this section the

types of data are divided into words and actions, written data sources and photographs (Kim & Choi, 2023).

1. Words and Actions

The words and actions of those observed or interviewed are the main source of data. The main data sources are recorded through written notes or by recording video/audio tapes, taking photos, or films.

Recording of the main data sources through interviews or participant observation is the result of a combined effort of seeing, hearing, and asking questions.

2. Written Source

Although it is said that sources other than words and actions are secondary sources, it is clear that they cannot be ignored. In terms of data sources, additional material that comes from written sources can be divided into sources from scientific books and magazines, sources from archives, personal documents, and official documents.

3. Photo

Nowadays, photos are widely used as a tool for qualitative research purposes because they can be used for various purposes. Photos produce descriptive data that is quite valuable and is often used to examine subjective aspects and the results are often analyzed inductively.

Data analysis method

Data analysis is a process of data obtained from the process of extracting data, processed in such a way with certain techniques that in the end an essential truth will be found, Haris (2014).

In this study, the data analysis method used is the Miles and Huberman method. The researcher uses this data analysis method with the aim of tidying up the results of the research that the researcher has done (Saleh, Camart, & Romo, 2023). The data analysis technique used in this study is an interactive model according to Miles and Huberman which consists of three stages, namely data reduction, data display, and conclusion drawing/verification, the explanation is as follows:

1. Stage of reducing data (data reduction)

Means summarizing, choosing the main things, focusing on the things that are important, looking for themes and patterns. Thus the reduced data provides a clearer picture and makes it easier for researchers.

2. Data presentation stage (data display)

After the data is reduced then the next presentation of the data. By presenting the data, it will be easier to understand what happened, plan further work based on what has been understood.

3. The conclusion stage of the verification data may be able to answer the problem formulation that was formulated from the start, but it may also not. Because in qualitative research that the problem and problem formulation are still temporary and will develop after the research is in the field.

Data Validity Method

Checking data validity (trustworthiness) is a very important and inseparable part of qualitative research. According to Lincoln and Guba that the implementation of checking the validity of the data is based on four criteria, namely the degree of trust (credibility), transferability (transferability), dependability (dependability) and certainty (confirmability).

The plan for testing the validity of the data that the researcher will do is to test the credibility of the data. The application of the criterion of the degree of trust (credibility) basically replaces the concept of internal validity from non-qualitative research, this criterion functions: first, conducting investigations in such a way that the level of confidence in the findings can be achieved. Second, showing the degree of confidence in the findings by way of proof by the researcher on the multiple facts that are being studied. The plan to conduct this credibility test is Haris (2014).

1. Triangulation

Triangulation is a technique of checking the validity of data that is used by something else. The triangulation used in this study is source triangulation, this technique is done by checking and comparing the results of interviews with theory.

2. Conduct Member Checks

Member check is the process of checking data. The purpose of member check is to find out how far the data obtained is in accordance with what is provided by the data provider.

Results and Discussion

Observation Results

Based on the findings of research in the field when observing at the Faculty of Psychology UIN Raden Fatah Palembang, it can be described as follows:

1. JEF subject

The subject with the initials JEF is now 24 years old. The subject has a thin face shape where the subject weighs 45 kg with a height of 158 cm and the subject has a brown skin color.

The interview was conducted at the Faculty of Psychology downstairs where during the interview the subject looked a little tired because he had just finished doing thesis guidance. The subject responded well when interviewed, it's just that the subject's voice sounded a little slow. Several times during the interview the subject smiled and laughed because the subject was a cheerful person. During the interview the subject looked untidy because he was wearing clothes made of cotton, which made the clothes look less slippery and wrinkles appeared. Subject was wearing a patterned black headscarf, a turquoise shirt and a black skirt and flat shoes. The atmosphere of the interview was a little crowded because it was conducted at the Faculty of Psychology where many students sat waiting for guidance.

2. UK Subject

The subject with the initials UK is now 24 years old, where the subject has an oval face shape with a thin stature with a weight of 39 kg and a height of 158 cm. The subject has tan skin.

Researchers went to the subject's house to conduct interviews. The subject looked fresh because when he met the subject had just finished bathing. The subject was enthusiastic and enthusiastic when he was about to conduct an interview, the subject also spoke very politely and his attitude was warm when welcoming the researcher to his house. The subject looked neat when met with the subject wearing a shirt made of black t-shirt, black culottes and a plain brown long bracket hijab. The atmosphere is cool and comfortable because the interview was conducted at the subject's house so it was quite quiet, except that occasionally there was the sound of airplanes passing because the subject's house was quite close to the airport.

3. SYN Subject

The subject with the initials SYN is now 23 years old, where the subject has an oval face shape with chubby cheeks and a fat stature with a weight of 53 kg and a height of 159 cm. The subject has white skin.

The interview was conducted at the Raden Fatah State Islamic University Library in Palembang, the subject looked excited and enthusiastic when going to do the interview and occasionally the subject joked a little, the subject had a clear voice and the subject looked fresh with a little make-up on her face. The subject's speech was quite polite, it's just that occasionally the subject spoke out loud, the subject also during the interview often smiled, laughed and joked with the researcher. The subject looked neat wearing a maroon colored shirt, the subject was wearing basic

black trousers that matched the pashmina headscarf used and the subject was wearing flat shoes.

Discussion

In this study the subjects consisted of three subjects, the three subjects were final year students at the Faculty of Psychology. Furthermore, the researcher tried to analyze the findings of the theme through a theoretical perspective regarding Anxiety Facing the World of Work in Final Year Students of the Faculty of Psychology UIN Raden Fatah Palembang. Based on theme 1 regarding the subject's background, there were 3 research subjects where JEF and UK were both 25 years old and SYN 24 years old. According to Hurlock (2013) the three subjects fall into the early adult category, where early adulthood begins at the age of 18 years until approximately 40 years.

The three subjects have closeness to their families they share stories and problems with their families. There are many ways that subjects do to simply ask their parents how they are, one of them is by utilizing the sophistication of mobile phones. The family is the first social group in human life where he learns and declares himself as a social human being in interaction with his group (Alsubaie & Stain, 2022).

The world of work is a world that can generate coffers of money where in the world of work there will be responsibilities that are carried out and work is expected to help parents. Work defines a person in a fundamental way. work greatly affects financial conditions, home conditions, how to spend time, the location of the house, friends and health (Faramarzi & Khodabakhsh, 2022). Competition in the world of work that is very tight today requires job applicants to prepare themselves excellently, both related to mental preparation and understanding the substance of the competencies they are interested in (Hasan & Shah, 2022).

And it is explained in the AL-Qur'an Al-Baqarah verse 62, which means: Verily, the believers, the Jews, the Christians and the Sabians, whoever among them truly believes in Allah, the day then and do good deeds, they will receive a reward from their Lord, there is no worry for them, and they do not (also) grieve (QS. Baqarah: 62).

In Al-Munir's commentary it is explained that in this verse actually those who justify the religious teachings brought by the Prophet Muhammad. From Allah, people who convert to Judaism or Christianity, or people who change religions, and they believe in Allah alone without associating Him with anything believe in the resurrection, and they do good deeds, then they will definitely get the reward of good deeds they are with their Lord; they will not feel afraid of the awesomeness

of the Day of Judgment, and they will not feel sad for the beauty they leave behind when they have witnessed the eternal pleasures in heaven (Wahbah az-Zulaili, 2013).

The concerns felt by the subjects varied and the three subjects said that the problem of time discipline was one of the concerns they felt, but there were several other factors such as the fear of failing because of increasing age, feeling tired and also afraid of a fierce boss. The positive influence of the work environment in a large modern industrial job has been formulated as follows: with an organized work method, cleanliness and accuracy that must be maintained in large companies, people will also receive training in it. Besides that, the accuracy, speed, and calm required in various jobs in a modern company have the effect of disciplining humans and forming skilled humans (Alsubaie & Stain, 2022).

The three subjects want to work in a promising place with adequate income, either in the company or continuing the family business. When you explore the type of work that you like and have the possibility of success, you need to know various fields and companies (Faramarzi & Khodabakhsh, 2022).

The three subjects felt headaches because they thought about the job problems they would take when they graduated from college. In addition to headaches due to insomnia, the subject also feels short of breath. Generally peak physical performance is reached before we are 30 years old, often between 19 to 26 years. But often because the problems are piled up so that it makes a person's performance decrease, it has an impact on the physical disorders experienced.

all three subjects feel anxious about what job they will choose after graduating from college. There is a feeling of anxiety and happiness when thinking about work, but on the other hand, you are afraid when you listen to friends who have graduated and say it is difficult to get a job and after getting a job can you still be responsible for the work you carry out. Anxiety is an unpleasant subjective experience of worry or tension in the form of feelings of anxiety, tension, and emotions experienced by a person. Anxiety is a certain state (state anxiety), which is facing situations that are uncertain and uncertain about their ability to deal with the object. This is in the form of unpleasant emotions experienced by individuals and not anxiety as a trait inherent in personality (Zhao & Li, 2022). In living the life of the world, humans must have experienced failure, disappointment, anxiety, sadness, even disaster. This is like the word of Allah SWT in Surah Al-Balad verse 4, which means: Indeed, We have created humans in hardship (QS. Al-Balad: 4).

According to Shaykh Tantawi (in Tafsir Salman: 316), the purpose of this surah is to explain the difficulties of life in the world, explain the process of human

creation, explain that human deeds will be rewarded according to what they have done, and explain the state of the hereafter, namely about the pain of torment.

Conclusion

This study shows that anxiety about facing the world of work in the subjects studied, namely final year students at the Faculty of Islamic Psychology, face problems, namely experiencing anxiety and fear about what jobs they will choose when they graduate from college because the subjects are not time disciplined and the subject's desire to work in a company with adequate income, the fear and anxiety felt by the subject makes the subject experience physical problems such as headaches and difficulty breathing.

References

- Alsubaie, M. M., & Stain, H. J. (2022). Role of perceived social support in university students' academic success and psychological wellbeing: A cross-sectional study. *Frontiers in Psychology*, 13, 882430. <https://doi.org/10.3389/fpsyg.2022.882430>
- az-Zulaili, Wahbah., 2013. *Tafsir Al-Munir Aqidah, Sharia, Manhaj (Al-faatihah- Al-Baqarah)* Juz 1 and Juz 2. Jakarta: Echoes of Insani
- Baranik, L. E., Hurst, C. S., & Eby, L. T. (2023). The stigma of unemployment: When job loss leads to social exclusion. *Journal of Applied Psychology*, 108(1), 15–32. <https://doi.org/10.1037/apl0001046>
- Brougham, R. R., & Hinkley, M. E. (2023). Anxiety and career uncertainty in emerging adulthood: A longitudinal study. *Emerging Adulthood*, 11(2), 134–147. <https://doi.org/10.1177/21676968221133445>
- Faramarzi, S., & Khodabakhsh, M. R. (2022). The role of future orientation and self-efficacy in predicting career decision-making difficulties among university students. *Journal of Career Development*, 49(3), 589–603. <https://doi.org/10.1177/0894845320965648>
- Galli, F., Meneghetti, C., & Tressoldi, P. E. (2022). Emotional regulation and perceived employability among university students: A structural equation model. *European Journal of Psychology of Education*, 37, 1023–1041. <https://doi.org/10.1007/s10212-021-00568-2>
- Hasan, M. M., & Shah, M. I. (2022). Mental health and career anxiety among university graduates during the COVID-19 pandemic. *Higher Education Research & Development*, 41(7), 1651–1666. <https://doi.org/10.1080/07294360.2021.1945547>
- Herdiansyah, Haris., 2014. *Qualitative Research Methodology for Social Sciences*. Jakarta: Salemba Humanika.
- Hurlock, Elizabeth B, 2003. *Developmental Psychology An Approach throughout the Lifespan Fifth Edition*. Jakarta: Erlangga.
- Indonesian Statistics Publication, 2018. *The State of Indonesia's Employment August 2018* (2018, 05 November). <https://www.bps.go.id/pressrelease/2018/11/05/1485/agustus-2018-->

- level-unemployment-open--tpt--sebesar-5-34 percent.html. Retrieved March 03, 2019.
- Kim, J., & Choi, Y. J. (2023). Job search stress and psychological wellbeing among Korean graduates: The role of career adaptability. *International Journal for Educational and Vocational Guidance*, 23, 63–80. <https://doi.org/10.1007/s10775-022-09515-9>
- Liu, Y., Li, L., & Liang, Y. (2023). Influence of mindfulness on college students' anxiety during job-hunting: Mediating effect of intolerance of uncertainty. *Current Psychology*, 42, 14570–14582. <https://doi.org/10.1007/s12144-022-03091-3>
- Mahmud, M. S., & Taufiq, A. (2024). Islamic spirituality and student anxiety: Evidence from Indonesian Muslim undergraduates. *Journal of Religion and Health*, 63(1), 101–120. <https://doi.org/10.1007/s10943-023-01741-7>
- Park, H., & Lee, J. Y. (2022). Career development anxiety and academic burnout among final-year students: A moderated mediation model. *Journal of Career Assessment*, 30(4), 647–662. <https://doi.org/10.1177/10690727211067513>
- Reeve, J., & Lee, W. (2023). Autonomy-supportive teaching and student motivation in higher education: A self-determination theory approach. *Educational Psychology Review*, 35(1), 1–26. <https://doi.org/10.1007/s10648-022-09677-0>
- Saleh, D., Camart, N., & Romo, L. (2023). Predictors of psychological distress in final-year university students: A longitudinal study. *BMC Psychology*, 11, 95. <https://doi.org/10.1186/s40359-023-01104-0>
- Sicca, ps, 2018. BPS: Unemployment of University Graduates increases by 1.13. <https://tirto.id/bps-penangguran-lulusan-universitas-naik-113-persen-cJ3h>. Accessed on 10 March 2019.
- Wang, Y., Sun, J., & Zhang, Y. (2022). The effect of resilience on job search anxiety among college graduates: The mediating role of career optimism. *Frontiers in Psychology*, 13, 925651. <https://doi.org/10.3389/fpsyg.2022.925651>
- Zhang, J., & Chen, H. (2023). Impact of perceived employability on career decision-making anxiety in Chinese college students: A moderated mediation model. *Journal of Vocational Behavior*, 139, 103806. <https://doi.org/10.1016/j.jvb.2022.103806>
- Zhao, X., & Li, S. (2022). Exploring fear of failure and job-seeking anxiety among university graduates: A cross-sectional study. *International Journal of Environmental Research and Public Health*, 19(17), 10678. <https://doi.org/10.3390/ijerph191710678>