

## Conference Paper

# Relationship Between Parents' Social Support and Anxiety in Facing the World of Work in Fresh Graduate

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## Abstract.

Various social demands and pressures to get a job result in high anxiety in fresh university graduates. One way to reduce the level of anxiety is through social support from parents. The purpose of this study was to determine the relationship between parental social support and anxiety in facing the world of work in fresh graduates. The research subjects totalled 335 fresh graduates of the State University of Makassar. This study used a quantitative method with a cluster random sampling technique. The instrument used was the parental social support scale and the anxiety scale. The data analysis technique used was the Pearson product moment correlation test, which obtained a significant negative relationship between parental social support in the aspects of emotional support, appraisal support, instrumental support, and informational support with anxiety in facing the world of work. That is, the lower the social support of parents, the higher the anxiety level of fresh graduates in facing the world of work. This research can provide knowledge and a reference source regarding social support for parents with children who face anxiety regarding the world of work.

**Keywords:** Anxiety, Fresh Graduate, Parental Support

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## 1. Introduction

The development of the globalization era that continues to develop requires people to have higher education as an investment for a better quality of life. Higher education is useful for forming and improving ideal human resources. Papalia et al [1,2] say that education can develop an individual's ability to find work to earn income. One way to improve self-quality and readiness to enter the world of work is for individuals to continue their formal education up to university. Higher education aims to provide students with knowledge and skills who will prepare themselves to enter the industrial world or business world [3].

Individuals who have been educated in tertiary institutions and do not have work experience are usually called fresh graduates. Generally, the age range when they just

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graduate from college and enter the world of work is 18-25 years, also including the early adulthood [4]. The emerging adulthood phase appears in early adulthood which is marked by life changes, including life after college [5]. One of the developmental tasks of the emerging adulthood phase is self-exploration, namely the fields of love, work, and understanding of life [6]. This is in accordance with the opinion of Hurlock [4] that one of the tasks of development is the demand from the environment to work as a means of earning a living and providing social status. According to Murithi [7], the factors that influence this phase are the expectations of the family to get a better job because of the education they get.

Murphy [8] explained that fresh graduates are usually faced with demands from their parents, family and environment to work immediately. There is an assumption that fresh graduates are able to live independently financially and psychologically. However, individuals who feel they are not ready to face changes in responsibility cause various kinds of negative feelings to arise in individuals, including anxiety [8]. The anxiety faced by fresh graduates is a situation that includes feelings of pressure and fear related to thinking about career issues, worries about not being able to control the future, and increasingly intense competition in the world of work making it difficult to get a job [9]. Increasingly complex competition because graduation continues to increase from year to year is not proportional to the availability of jobs [10].

Based on data from the Central Statistics Agency (BPS) in August 2022 the number of unemployed people in Indonesia reached 8.43 million, of which 7.99% (673.49 thousand people) were university graduates [33]. Factors causing college graduates to not have jobs are skills that do not match needs, high income expectations, social status, and limited job opportunities [11]. The phenomenon of high unemployment rates for university graduates in Indonesia shows that a bachelor's degree is no longer a guarantee for being able to easily enter the world of work as expected [12]. This situation changes individual perceptions of the world of work, especially fresh graduates. Nurjanah [13] explains that individuals who lack preparation for the world of work can affect their psychological condition in the form of feelings of pressure, burden, fear, anxiety so that it disturbs peace and even physical health. One effort to reduce anxiety is social support from parents.

Parents' social support is a form of parental relationship to children by providing emotional, informative, instrumental, and rewarding support [14]. In line with the research results of Muzakki and Shanti [15] revealed that social support from parents is still needed by emerging adults, including fresh graduates. The need for parents' social support for fresh graduates who are in the emerging adulthood phase due to very significant

changes requires great support to help guide the transition successfully [16]. A good social support can provide protection for an individual under stress and has common gaining function on maintaining an individual's good emotional experience [17]. Sekarina and Indriana's research (2018) explains that there is a significant negative relationship between parents' social support and anxiety in facing the world in class XII students at SMK Yudya Karya Magelang. Putri and Febriyanti [10] found that parents' social support was negatively correlated with anxiety in facing the world of work in final year students of the Faculty of Psychology, Diponegoro University.

Furthermore, Karina [16] found that there was a negative relationship between parents' social support and anxiety in facing the world of work in final year students. The higher the social support of parents, the lower the anxiety experienced. Social support has an important role to prevent individuals from experiencing anxiety. However, research by Suciati and Yudhawati [17] found that there was a positive relationship between social support and anxiety in facing the world of work for students at SMK N 1 Keluang. Social support provides pressure and burden to make individuals feel stressed as the support they receive increases.

Based on the background of the problem and the results of previous research that has been described, the researcher is interested in conducting a study entitled "The Relationship between Parents' Social Support and Anxiety in Facing the World of Work in Fresh Graduates". The purpose of this study was to determine the relationship between parents' social support based on 4 aspects, namely emotional support, appraisal support, instrumental support and informational support with anxiety in facing the world of work for fresh graduates at State University of Makassar.

## 2. Literature Review

### 2.1. Anxiety Facing the World of Work

Anxiety comes from the Latin "*angustus*" which means stiff and "*ango, anci*" which means to strangle. Anxiety in the Big Indonesian Dictionary is a feeling of anxiety, worry, and fear. Nevid, Rathus, and Grenee [18] explained that anxiety is an emotional state characterized by bodily arousal, uncomfortable tension, and thoughts of fear that something bad will happen. According to Hurlock [19] anxiety is a general fear of future events. Anxiety from Greenberger and Padesky [20] is a condition that occurs when individuals experience temporary nervousness or fear or under certain circumstances. Anxiety is a state of heightened alertness that is associated with an overall increase in

sensory sensitivity due to uncertainty or conflict [21]. Based on some of the definitions above, it can be concluded that anxiety in facing the world of work is a condition or certain situation where individuals have negative emotions such as feelings of fear, discomfort, and depression about the possibility of what will happen in the world of work.

Greenberger and Padesky [22] stated that there are four aspects of anxiety related to facing the world of work, namely; (1) physical reactions, including sweaty palms, tense muscles, fast heart beat, flushed cheeks, dizziness and difficulty breathing; (2) thoughts, fear and worry make individuals believe that they cannot solve problems, think negatively that they are incapable, lack self-confidence, and feel they do not have expertise; (3) behavior, tending to avoid situations where anxiety can arise, such as talking about the world of work; and (4) mood, including sensations of discomfort, nervousness, irritation, anger, and panic. Greenberger and Padesky (2016) explained that there are several factors of anxiety in facing the world of work, namely; (1) physical threats; (2) social threats; and (3) mental threats. The level of anxiety facing the world is also influenced by self-confidence, social support, self-efficacy, self-control, self-regulation, and adversity quotient.

## 2.2. Parents' Social Support

Baron and Byrne [23] social support is the physical and psychological comfort provided by the closest people. Sarafino and Smith [24,25] social support is a form of acceptance given to individuals by a person or group of people who give the recipient the perception that he is loved, cared for, valued, and assisted. The great support obtained from the closest environment is sourced from the family environment, especially parents. Putri, Indrawati, and Masykur [12] state that parents' social support is a form of parental relationship to children by providing emotional, informative, instrumental, and rewarding support. Based on several definitions from experts, it can be concluded that parents' social support is a form of relationship between parents and children in which from the perception the child receives support in the form of affection, valued, assisted and cared for so that the child becomes more confident.

Sarafino and Smith [25,26] suggest that there are four aspects of social support, namely (1) emotional support; given by someone to protect individuals from negative emotional consequences, (2) appreciation support; assessment of individuals by giving awards and recognition, (3) instrumental support; includes the provision of financial costs or needs; and (4) information support; provide useful information to solve problems

in the form of advice, direction or guidance. Social support is one effort that can reduce stress when individuals are in a problematic situation [27]. Weiss [28] social support is a pattern of interaction of resources and intense or close relationships from people who are in the closest circle. According to Rodin and Salovey [29] family is the most important main source of social support. Family social support has a strong bond because it was formed from the beginning of human life. Santrock [4] says that the family is the main pillar for raising independent children. The greatest support in the home environment comes from parents. As an important environmental resource in an individual's social life, social support affects a person's physical and mental health and behavior patterns, and has a very close relationship with the generation, development, control, and prevention of depression [30]. Parental support can help individuals overcome feelings of depression they experience. Individuals who get low social support are likely to experience anxiety [12]. Research from Cahyani and Ratnaningsih [31] explains that parental social support can help individuals make career decisions. The role of parents in individual career planning is to provide high social support. Agree with Givenra, Nota, and Ferrari's research [32] parents' social support plays a role in individual career development. Individuals who receive high parents' social support will help individuals in increasing motivation, confidence in their abilities and are optimistic about the future.

### 3. Method

#### 3.1. Design and Sampling Techniques

This study uses a quantitative approach with the type of correlation research aimed at explaining the relationship between the two variables, namely parents' social support and anxiety in facing the world of work. The population in this study were fresh graduates at State University of Makassar graduating in 2022 - 2023. There were 335 research respondents. The sampling technique in this study used cluster random sampling.

#### 3.2. Instrument

The research scale used to measure the two variables is the parents' social support scale with 29 items and anxiety facing the world of work with 30 items which has been adapted by Nifallah (2022). Researchers disseminate research scales offline and online by sending a google form link or providing a barcode scan to respondents. The

TABLE 1: Description of Respondents' Characteristics.

Characteristics	Category	Frequency	%
Sex	Male	105	31%
	Female	230	69%
Age	21 - 23 years	306	91%
	24 - 25 years	29	9%
Faculty	Mathematics and Natural Science	50	15%
	Technique	43	13%
	Sports Science and Health	48	14%
	Educational Science	55	16%
	Language and Literature	33	10%
	Social Sciences and Law	41	12%
	Psychology	14	4%
	Art and Design	15	4%
	Economics and Business	36	11%
Graduation Year	2022	121	36%
	2023	214	64%
<b>Total</b>		<b>335</b>	<b>100%</b>

data analysis method uses parametric techniques, namely the Pearson product moment correlation test.

## 4. Result and Discussion

### 4.1. Result

#### 4.1.1. Description of Anxiety Facing the World of Work

The data of anxiety facing the world of work on the research consisted of 30 aitem with a score interval from 1 to 4. The description of anxiety facing the world of work is presented in brief on the table below :

TABLE 2: Mean, Standard Deviation, and Categorization of Anxiety Facing the World of Work.

Mean	SD	Interval	Category	Frequency	%
75	15	< 60	Low	88	26,27%
		60 - 90	Medium	245	73,13%
		90 <	High	2	0,60%
<b>Total</b>				<b>335</b>	<b>100%</b>

On table 2 it can be seen that majority of the research respondents fall into a category of medium for anxiety facing the world of work, so it can be concluded that most of the

fresh graduates in State University of Makassar have medium anxiety facing the world of work.

#### 4.1.2. Description of Parents' Social Support

The data of parents' social support variable on the research consisted of 4 aspects: 1) emotional support, 8 aitem; 2) appraisal support, 6 aitem; 3) instrumental support, 8 aitem and 4) informational support, 8 aitem. The score interval used is from 1 to 4. The description of parents' social support data for each aspects is presented in brief on the table below :

TABLE 3: Mean, Standard Deviation, and Categorization of Parents' Social Support (*Emotional Support*).

Mean	SD	Interval	Category	Frequency	%
20	4	< 16	Low	1	0,30%
		16 - 24	Medium	102	30,45%
		24 <	High	232	69,25%
		<b>Total</b>		<b>335</b>	<b>100%</b>

On table 3 it can be seen that mean value is 20, standard deviation 4, and majority of the respondents fell into category of high for parents' social support on emotional support aspect. Thus, it can be concluded that most of the fresh graduates State University of Makassar have parents' social support with an emotional support level falling into a category of high.

TABLE 4: Mean, Standard Deviation, and Categorization of Parents' Social Support (*Appraisal Support*).

Mean	SD	Interval	Category	Frequency	%
15	3	< 12	Low	0	0,00%
		12- 18	Medium	117	34,93%
		18 <	High	218	65,07%
		<b>Total</b>		<b>335</b>	<b>100%</b>

On table 4 it can be seen that mean value is 15, standard deviation 3, and majority of the respondents fell into category of high for parents' social support on appraisal support aspects. Thus, it can be concluded that most the fresh graduates State University of Makassar level falling into a category of high.

On table 5, it can be seen that mean value is 20, standard deviation 4, and majority of the respondents fell into category of medium for parents' social support on instrumental support aspect. Thus, it can be concluded that most of the fresh graduates State University of Makassar with an instrumental support level falling into a category of medium.

TABLE 5: Mean, Standard Deviation, and Categorization of Parents' Social Support (*Instrumental Support*).

Mean	SD	Interval	Category	Frequency	%
20	4	< 16	Low	6	1,79%
		16 - 24	Medium	169	50,45%
		24 <	High	160	47,76%
		<b>Total</b>		<b>335</b>	<b>100%</b>

TABLE 6: Mean, Standard Deviation, and Categorization of Parents' Social Support (*Informational Support*).

Mean	SD	Interval	Category	Frequency	%
20	4	< 16	Low	0	0,00%
		16 - 24	Medium	117	34,93%
		24 <	High	218	65,07%
		<b>Total</b>		<b>335</b>	<b>100%</b>

On table 6, it can be seen that mean value is 20, standard deviation 4, and majority of the respondents fell into category of high for parents' social support on informational support aspect. Thus, it can be concluded that most of the fresh graduates State University of Makassar with an informational support level falling into a category of high.

TABLE 7: Comparison the Mean of Parents' Social Support Aspects.

Aspect	Mean	Standard Deviation
<i>Emotional Support</i>	26,76	4,13
<i>Appraisal Support</i>	20,06	3,14
<i>Instrumental Support</i>	23,51	3,46
<i>Informational Support</i>	26,16	3,77

Based on table 7 the comparison table for the mean aspect of parents' social support, it can be seen that emotional support aspect has the highest mean among all parents' social support aspects, so it can be concluded that majority of fresh graduates State University of Makassar have parents' social support in emotional support aspects.

## 4.2. Result of Hypothesis Test

TABLE 8: Result of the Hypothesis Test for Parents' Social Support on Emotional Support Aspect with Anxiety in Facing the World of Work.

Variabel	r	p-value	Explanation
Parents' Social Support ( <i>Emotional Support</i> ) Anxiety in Facing the World of Work	-0,244	0,000	Significant



Based on table 8, the value of significance  $p$  is 0,000. Thus, it can be concluded that the hypothesis is accepted. The hypothesis that is accepted is that there is a relationship between parents' social support in the aspect of emotional support with anxiety in facing the world of work. The independent variable with the dependent variable on the correlation coefficient is  $r$  with a value of -0,244 which has a negative value. The higher the social support in the emotional support aspect, the lower the anxiety in facing the world of work experienced by fresh graduates State University of Makassar.

TABLE 9: Result of the Hypothesis Test for Parents' Social Support on Appraisal Support Aspect with Anxiety in Facing the World of Work.

Variabel	r	p-value	Explanation
Parents' Social Support (Appraisal Support) Anxiety in Facing the World of Work	-0,293	0,000	Significant

Based on table 9, the value of significance  $p$  is 0,000. Thus, it can be concluded that the hypothesis is accepted. The hypothesis that is accepted is that there is a relationship between parents' social support in the aspect of appraisal support with anxiety in facing the world of work. The independent variable with the dependent variable on the correlation coefficient is  $r$  with a value of -0,293 which has a negative value. The higher the social support in the appraisal support aspect, the lower the anxiety in facing the world of work experienced by fresh graduates State University of Makassar.

TABLE 10: Result of the Hypothesis Test for Parents' Social Support on Instrumental Support Aspect with Anxiety in Facing the World of Work.

Variabel	r	p-value	Explanation
Parents' Social Support (Instrumental Support) Anxiety in Facing the World of Work	-0,173	0,001	Significant

Based on table 10, the value of significance  $p$  is 0,001. Thus, it can be concluded that the hypothesis is accepted. The hypothesis that is accepted is that there is a relationship between parents' social support in the aspect of instrumental support with anxiety in facing the world of work. The independent variable with the dependent variable on the correlation coefficient is  $r$  with a value of -0,173 which has a negative value. The higher the social support in the instrumental support aspect, the lower the anxiety in facing the world of work experienced by fresh graduates State University of Makassar.

Based on table 11, the value of significance  $p$  is 0,000. Thus, it can be concluded that the hypothesis is accepted. The hypothesis that is accepted is that there is a relationship

TABLE 11: Result of the Hypothesis Test for Parents' Social Support on Informational Support Aspect with Anxiety in Facing the World of Work.

Variabel	r	p-value	Explanation
Parents' Social Support (Informational Support) Anxiety in Facing the World of Work	-0,234	0,000	Significant

between parents' social support in the aspect of informational support with anxiety in facing the world of work. The independent variable with the dependent variable on the correlation coefficient is  $r$  with a value of  $-0,234$  which has a negative value. The higher the social support in the informational support aspect, the lower the anxiety in facing the world of work experienced by fresh graduates State University of Makassar.

## 5. Discussion

Based on the results of hypothesis testing using the Pearson product moment correlation test, parents' social support for the emotional support aspect shows a  $p$  value of  $0,000$ , the appraisal support aspect has a  $p$  value of  $0,000$ , the instrumental support aspect has a  $p$  value of  $0,001$  and the informational support aspect has a  $p$  value of  $0,000$ . Overall the  $p$  value obtained indicates that there is a relationship between parents' social support in the aspects of emotional support, appraisal support, instrumental support, and informational support with anxiety in facing the world of work for fresh graduates at State University of Makassar. That is, the more positive the fresh graduate's perception of parents' social support, the lower the anxiety experienced in facing the world of work, and vice versa. In other words, the four research hypotheses are accepted.

The correlation coefficient of this study is  $-0,244$  for the emotional support aspect,  $-0,293$  for the appraisal support aspect,  $-0,173$  for the instrumental support aspect and  $-0,234$  for the informational support aspect which has a negative value. The higher the emotional support, appraisal support, instrumental support and informational support, the lower the anxiety experienced by fresh graduates in facing the world of work. The correlation results show that the social support of parents with anxiety in facing the world of work for fresh graduates State University of Makassar is quite weak.

The results of the study are in line with the research findings of Putri and Febriyanti [10] who found that there is a negative relationship between parents' social support and anxiety in facing the world of work in final year students of the Faculty of Psychology, Diponegoro University because the social support received provides experiences that

make recipients of support feel loved, appreciated, and cared for. Sekarina and Indriana (2018) also found that parents' social support was negatively correlated with anxiety about facing the world of work in class XII students at SMK Yudya Karya Magelang. When the environment provides good support, individuals will not find it difficult when facing a challenge. Sari et al [34] said that this is in accordance with the psychological dynamics of social support which plays a role in minimizing negative consequences and having coping strategies that are able to help adapt when facing various things.

Research from Kasyfillah and Susilarini [24] found that the negative relationship between parents' social support and anxiety in facing the world of work is -0,344. Recent research by Nifaillah [26] also found that there was a negative relationship between parents' social support and anxiety in facing the world of work of -0,298. The lower the social support of parents, the more anxiety experienced in facing the world of work. Individuals need social support to be more motivated, believe in their abilities, have self-esteem, and be optimistic about the future. This is in line with Bandura's opinion [35] that the lower the belief in the ability to face challenges, the more anxious feelings will increase when facing these challenges.

In this study, it is known that parents' social support is high, but anxiety in facing the world of work still tends to be moderate. This can involve factors that affect anxiety levels, namely other social support that is not disclosed in research. One of them is peer social support. Research from Fausiyah and Ariati [36] found that peer social support made an effective contribution of 28,9% to the level of anxiety facing the world of work.

The limitation in the research is that it is difficult to find some research respondents because are beyond the reach of the researchers, so spread the scale via online. This makes researchers unable to directly observe or know the seriousness or condition of the respondents when filling out the scale. The research also took a long time because it adjusted the sample criteria and the willingness of respondents to fill out the scale that was distributed online.

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