

ABSTRAK

PENGALAMAN KECEMASAN SISWA DALAM PERSIAPAN UJI KOMPETENSI KEAHLIAN DAN KESIAPAN KERJA DI SMK BABURROHMAH MOJOSARI

OLEH: IRVA KARUNIYA JANNATUL FIRDAUS

Pendidikan kejuruan menuntut siswa tidak hanya memiliki kompetensi teknis, tetapi juga kesiapan mental dalam menghadapi Uji Kompetensi Keahlian (UKK) dan dunia kerja. Kondisi tersebut dapat menimbulkan kecemasan yang memengaruhi kesiapan siswa dalam menghadapi tuntutan akademik maupun pekerjaan setelah lulus. Penelitian ini bertujuan mengeksplorasi pengalaman kecemasan siswa SMK dalam persiapan Uji Kompetensi Keahlian (UKK) dan kesiapan memasuki dunia kerja pada siswa SMK Baburrohmah Mojosari. Penelitian menggunakan metode kualitatif dengan pendekatan *Interpretative Phenomenological Analysis* (IPA). Populasi penelitian berjumlah 45 siswa kelas XII yang terdiri atas 19 siswa jurusan Tata Busana dan 26 siswa jurusan Teknik Sepeda Motor. Partisipan penelitian berjumlah 10 siswa yang dipilih menggunakan teknik theoretical sampling. Pengumpulan data dilakukan melalui wawancara mendalam, observasi, dan dokumentasi dengan pedoman wawancara semi terstruktur sebagai instrumen utama penelitian. Analisis data menggunakan metode Colaizzi melalui tahapan penyusunan transkrip, pembacaan transkrip, menentukan dan membentuk kategori, formulasi tema, formulasi kluster tema, deskripsi lengkap, dan penyusunan laporan hasil analisis. Hasil penelitian menghasilkan lima tema utama, yaitu (1) kecemasan siswa dalam persiapan UKK dan kesiapan memasuki dunia kerja, (2) strategi coping dalam mengatasi kecemasan, (3) kesiapan dan pengembangan diri menuju dunia kerja, (4) perubahan kepercayaan diri siswa dalam menghadapi UKK dan dunia kerja, dan (5) perencanaan karier dan masa depan siswa setelah lulus. Temuan menunjukkan bahwa siswa mengalami kecemasan dalam menghadapi UKK dan dunia kerja, yang dikelola melalui strategi coping serta dukungan sosial. Pengalaman Praktik Kerja Lapangan (PKL) berperan dalam meningkatkan kompetensi, kesiapan kerja, dan kepercayaan diri siswa. Selain itu, siswa menunjukkan adanya perencanaan karier dan orientasi masa depan setelah lulus. Kesiapan siswa menghadapi UKK dan dunia kerja dipengaruhi oleh interaksi antara kecemasan, strategi coping, pengalaman praktik, kepercayaan diri, dan perencanaan karier.

Kata kunci: kecemasan, Uji Kompetensi Keahlian (UKK), kesiapan kerja, siswa SMK, *Interpretative Phenomenological Analysis* (IPA).

ABSTRACT

STUDENTS' ANXIETY EXPERIENCES IN PREPARING FOR THE COMPETENCY SKILLS EXAMINATION AND WORK READINESS AT SMK BABURROHMAH MOJOSARI

BY: IRVA KARUNIYA JANNATUL FIRDAUS

Vocational education requires students not only to possess technical competencies but also mental readiness to face the Competency Skills Examination (UKK) and the world of work. These demands may lead to anxiety that affects students' readiness to meet academic and occupational challenges after graduation. This study aimed to explore the anxiety experiences of vocational high school students in preparing for the Competency Skills Examination (UKK) and their readiness to enter the workforce at Baburrohman Vocational High School, Mojokari. This study employed a qualitative method with an Interpretative Phenomenological Analysis (IPA) approach. The study population consisted of 45 twelfth-grade students, including 19 students from the Fashion Design Department and 26 students from the Motorcycle Engineering Department. Ten participants were selected using theoretical sampling. Data were collected through in-depth interviews, observations, and documentation, with semi-structured interview guidelines serving as the primary research instrument. Data were analyzed using Colaizzi's method through transcript preparation, transcript reading, category identification and development, theme formulation, theme cluster formulation, exhaustive description, and report preparation. The findings generated five main themes: (1) students' anxiety in preparing for the UKK and entering the workforce, (2) coping strategies for managing anxiety, (3) readiness and self-development toward employment, (4) changes in self-confidence in facing the UKK and the workplace, and (5) career planning and future orientation after graduation. The findings revealed that students experienced anxiety in facing the Competency Skills Examination (UKK) and the world of work, which was managed through coping strategies and social support. Field Work Practice (PKL) played an important role in enhancing students' competencies, work readiness, and self-confidence. In addition, students demonstrated career planning and future orientation after graduation. Students' readiness to face the UKK and enter the workforce was influenced by the interaction of anxiety, coping strategies, practical work experience, self-confidence, and career planning.

Keywords: anxiety, Competency Skills Examination (UKK), work readiness, vocational high school students, Interpretative Phenomenological Analysis (IPA).