

ABSTRAK

Callista Cahyarani Putri. 210541100101. Pengaruh Kematangan Emosi Terhadap Kesiapan Kerja Siswa Sekolah Menengah Kejuruan (SMK) kelas XII di Jawa Timur. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2026.

Siswa Sekolah Menengah Kejuruan (SMK) dipersiapkan untuk memasuki dunia kerja, namun tingginya angka pengangguran lulusan SMK menunjukkan bahwa kesiapan kerja siswa belum optimal. Kesiapan kerja tidak hanya ditentukan oleh keterampilan teknis, tetapi juga oleh kematangan emosi yang berperan dalam kemampuan beradaptasi, mengelola tekanan, bekerja sama, dan mengambil keputusan secara rasional. Penelitian ini bertujuan untuk menguji pengaruh kematangan emosi terhadap kesiapan kerja siswa SMK kelas XII di Jawa Timur. Penelitian menggunakan pendekatan kuantitatif dengan metode regresi linier sederhana terhadap 350 siswa SMK di Jawa Timur. Instrumen yang digunakan adalah skala Kematangan Emosi ($\alpha = 0,908$) dan skala Kesiapan Kerja ($\alpha = 0,985$). Hasil analisis menunjukkan bahwa kematangan emosi berpengaruh positif dan signifikan terhadap kesiapan kerja siswa, dengan nilai signifikansi 0,000 ($p < 0,05$) dan F hitung sebesar 224,161. Nilai koefisien determinasi (R^2) sebesar 0,392 menunjukkan bahwa kematangan emosi menjelaskan 39,2% variasi kesiapan kerja. Temuan ini menegaskan bahwa kematangan emosi merupakan faktor penting dalam membentuk kesiapan kerja siswa SMK menghadapi dunia kerja secara profesional.

Kata Kunci: Kematangan Emosi, Kesiapan Kerja, Siswa SMK, Kelas XII, Jawa Timur.

ABSTRACT

Callista Cahyarani Putri. 210541100101. The Effect of Emotional Maturity on Work Readiness of Grade XII Vocational High School (SMK) Students in East Java Psychology Study Program, Faculty of Social and Cultural Sciences, Universitas Trunojoyo Madura. 2026.

Vocational High School (SMK) students are prepared to enter the workforce; however, the high unemployment rate among SMK graduates indicates that students' work readiness has not yet been optimal. Work readiness is not only determined by technical skills but also by emotional maturity, which plays an important role in adaptability, stress management, teamwork, and rational decision-making. This study aimed to examine the effect of emotional maturity on the work readiness of Grade XII SMK students in East Java. This research employed a quantitative approach using simple linear regression with a sample of 350 SMK students in East Java. The instruments used were the Emotional Maturity Scale ($\alpha = 0.908$) and the Work Readiness Scale ($\alpha = 0.985$). The results showed that emotional maturity had a positive and significant effect on students' work readiness, with a significance value of 0.000 ($p < 0.05$) and an F value of 224.161. The coefficient of determination (R^2) of 0.392 indicates that emotional maturity explains 39.2% of the variance in work readiness. These findings confirm that emotional maturity is an important factor in shaping SMK students' readiness to face the professional world of work.

Keywords: *emotional maturity, work readiness, vocational high school students, Grade XII, East Java*