

SURAT TUGAS

Nomor: 293-R/UNTAR/PENELITIAN/X/2024

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1. **NINAWATI, Dra., M.M.**
2. **MADA ANGELA**

Untuk melaksanakan kegiatan penelitian/publikasi ilmiah dengan data sebagai berikut:

Judul	:	Sandwich Generation: Relationship Between Self-Esteem and Career Anxiety Middle-aged in Jabodetabek
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25 Oktober 2024

Rektor



Prof. Dr. Amad Sudiro, S.H., M.H., M.Kn., M.M.

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**Tarumanagara International Conference on the
Applications of Social Sciences and Humanities 2023
Jakarta, Indonesia | October 23, 2024**



Jakarta, 19th of October 2024
No. : 171-TICASH/UNTAR/X/2024

ABSTRACT ACCEPTANCE NOTIFICATION

Reference Number : **TICASH-171**

Title : Sandwich Generation: Relationship Between Self-Esteem and Career Anxiety Middle-aged in Jabodetabek

Author : Mada Angela, Ninawati

Dear Sir/Madam,

Thank you for your paper submission to the TICASH 2024. We are pleased to inform you that your abstract submission is accepted for presentation in TICASH 2024. In order to be published, you must send your full paper. Before submitting your full paper, we recommend that you check your manuscript to minimize obvious errors, such as formatting and grammatical errors.

It will be appreciated if you put your Reference Number and your name as your paper revision file name (e.g. 001_Revise_Wulan).

You need to send us your revised manuscript in Microsoft Office Document file format (doc or docx) to the TICASH 2024 committee (**ticash@untar.ac.id**) by **23 November 2024** to avoid unnecessary delay.

Further updated information will be published in our website (<http://ticash.untar.ac.id>)

If you have any questions, please do not hesitate to contact us.

Sincerely,

Assoc. Prof. Dr. Miharni Tjokrosaputro, M.M.,
Chairman of Ticash 2024

Sandwich Generation: The Relationship Between Self-esteem and Career Anxiety Middle-aged in JABODETABEK

Mada Angela -171

705210099

Ninawati



Sandwich Generation???



Did you know???

The term of Sandwich Generation was first introduced by Dorothy A. Miller, a Professor at the University of Kentucky in 1981



Is at the age of 30-40 years

Responsible for multigeneration

Prone to anxiety both physically, emotionally, and career anxiety



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Why does the Sandwich Generation Experience Career Anxiety???

Responsible for the health of their parents and the education of their childrens

Unsuitable work and insufficient salary

Generativity vs Stagnation

According to Tsani et al., (2017) in (Maghfiroh et al., 2023) Career anxiety itself has a definition that describes someone who often feels difficult and hesitant in making career decisions



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Factors

internal factors



Decreased productivity



No longer physically fit



low self-esteem in career continuity.

External factors

Development of the era

Development of technology

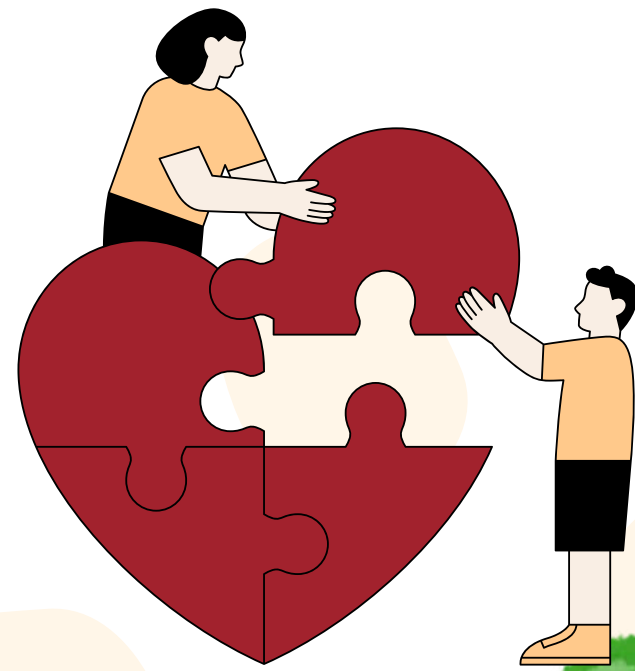
Competition between younger individuals and skills ideas



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Self-esteem

Rosenburg (1965) in (Rahayu, 2024) states that self-esteem is an individual's attitude based on the picture obtained regarding how he assesses and values himself as a whole, both positive and negative assessments



- ☐ One of the important things for individuals
- ☐ Self-esteem can increase self-confidence, self-ability, and self-confidence
- ☐ Individuals with low self-esteem will hinder their careers
- ☐ Individuals with low self-esteem cannot see and explore their abilities



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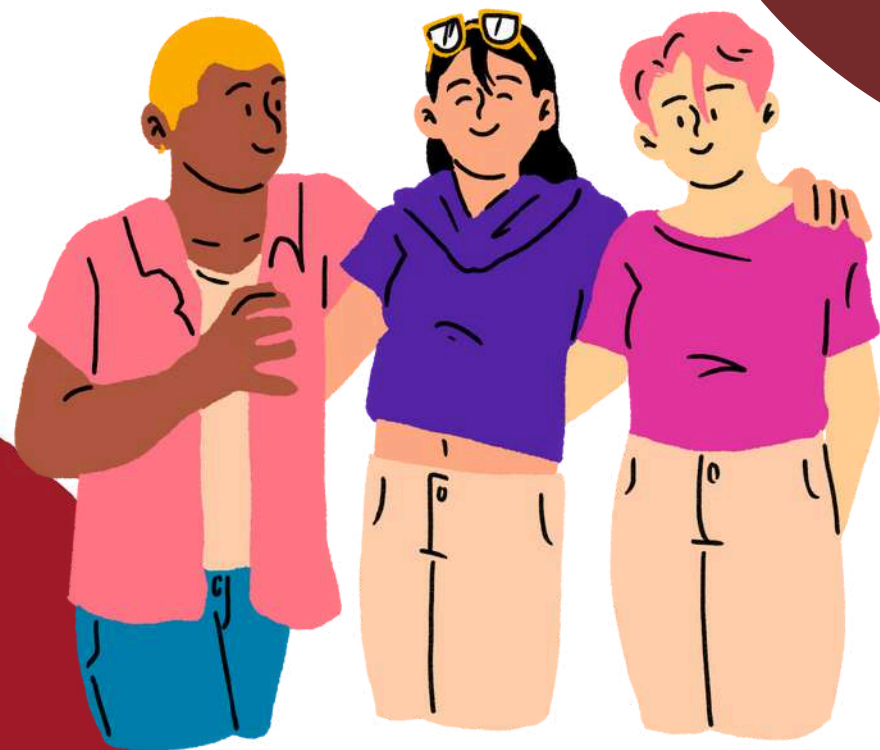
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Participants Characteristic

are aged 30-40 years

live with children or live with
parents or live with both

have a work
experience



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Research Methodology

**research employs a
correlational quantitative**

**For anxiety dimensions using the
Hamilton Anxiety Rating Scale (1959)
which was modified using by career
anxiety theory of Tsai (2017).**

**using a nonprobability
purposive sampling
technique**

**To this day, 200
respondents have been
collected**

**for Self-esteem is used the
Rosenberg Self-esteem
Inventory (1965)**

**The study is still ongoing
until the respondents reach
385**



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Thankyou



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Certificate of Achievement

This certificate is proudly presented to

Mada Angela

For the contribution as **Presenter**, with the title:

Sandwich Generation: The Relationship Between Self-esteem and Career Anxiety Middle-aged in JABODETABEK

Tarumanagara International Conference on the Applications of Social Sciences & Humanities (TICASH) 2024

"Sustainable Communities: Promoting Law-Abiding Behavior through Digital Education."

Jakarta, October 23th, 2024



Assoc. Prof. Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D., P.E., M.ASCE
Director of Institute for Research and Community Engagement



Assoc. Prof. Dr. Miharni Tjokrosaputro, S.E., M.M.
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