

Pengaruh family functioning terhadap college adjustment pada mahasiswa tahun pertama = The influence of family functioning towards college adjustment among first year students

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Abstrak

Penelitian ini dilakukan untuk melihat ada tidaknya pengaruh family functioning terhadap college adjustment pada mahasiswa tahun pertama. Partisipan penelitian ini adalah 314 mahasiswa tahun pertama di Jakarta dan Jogjakarta. Family functioning diukur menggunakan alat ukur Family Adaptability and Cohesion Evaluation Scale FACES II dan Family Communication Scale FCS, sedangkan college adjustment diukur dengan menggunakan alat ukur Student Adaptation to College Questionnaire SACQ.

Hasil penelitian ini menunjukkan bahwa terdapat pengaruh family functioning terhadap college adjustment [$R^2 = 0.131$, $p < 0,05$]. Fungsi keluarga mampu menjelaskan varian 13.1 dari perguruan tinggi.

Berdasarkan penelitian ini, fungsi keluarga perlu disosialisasikan oleh lembaga pendidikan tinggi sehingga mahasiswa baru dapat dibantu dalam menyesuaikan diri dengan baik.

This research was conducted to examine the influence of family functioning towards college adjustment among first year college student. Participants in this research were 314 first year student in Jakarta and Jogjakarta, Indonesia. Family functioning was measured by Family Adaptability and Cohesion Evaluation Scale FACES and Family Communication Scale FCS , meanwhile college adjustment was measured by Student Adaptation to College Questionnaire SACQ.

The results showed that family functioning affecting college adjustment $R^2 = 0.131$, $p < 0.05$. Family functioning was able to explain 13.1 variance of college. Based on this research, family functioning needs to be socialized by higher education institutions so that freshmen can be assisted in adjusting well.