

# Hubungan antara Resilience dan College Adjustment pada Mahasiswa Tahun Pertama Perguruan Tinggi Negeri di Wilayah Jabodetabek = Relationship between Resilience and College Adjustment among First-Year College Students in Jabodetabek

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## Abstrak

Resiliensi memiliki peranan penting dalam proses penyesuaian diri karena resiliensi dapat memfasilitasi kemampuan individu untuk beradaptasi dengan tantangan yang cukup mengkhawatirkan. Penelitian ini dilakukan untuk melihat hubungan antara resilience dan college adjustment pada mahasiswa tahun pertama di perguruan tinggi negeri yang berada di Jabodetabek. Partisipan pada penelitian ini sebanyak 198 orang. Resilience diukur dengan menggunakan alat ukur Connor-davidson resilience scale versi 10 item yang dikembangkan Campbell-Sills dan Stein (2007). Selain itu, college adjustment diukur menggunakan alat ukur Student Adaptation to College Questionnaire yang dibuat oleh Baker dan Siryk (1984). Analisis data menggunakan teknik analisis pearson product-moment correlation. Hasil penelitian ini menunjukkan adanya korelasi positif dan signifikan ( $r = 0,48, \#119901; <0,01$ ) antara resilience dan college adjustment yang artinya semakin tinggi resilience individu maka semakin tinggi pula college adjustment.

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Resilience has an important role in the process of adjustment because resilience can facilitate the ability of individuals to adapt. This research was conducted to find the correlation between resilience and college adjustment among first-year students at universities located in Jabodetabek. The Participants of this research were 198 first-year college students. Resilience was measured by using a 10-item version of the Connor-Davidson resilience scale developed by Campbell-Sills and Stein (2007). In addition, college adjustments was measured by using the Student Adaptation to College Questionnaire by Baker and Siryk (1984). Data analysis was processed using Pearson Product-Moment Correlation analysis techniques. The results of this research indicate a positive and significant correlation ( $r = 0,48, \#119901; <0,01$ ) between resilience and college adjustment, which means that the higher the resilience of an individual, the higher the college adjustment.