

Resiliensi sebagai Mediator Hubungan Antara Perceived Social Support dan Adaptabilitas pada Mahasiswa Internasional Sarjana yang Berkuliah di Luar Negara Indonesia (International Student) = The Mediating Role of Resilience on the Relationship between Perceived Social Support and Adaptability of Indonesian Undergraduate Students Studying Abroad (International Student)

Fransiskus Xaverius Bertrand Kosasih, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920530703&lokasi=lokal>

Abstrak

Penelitian terdahulu mengindikasikan bahwa perceived social support merupakan prediktor resiliensi serta beberapa dimensi adaptabilitas. Namun, penelitian yang meneliti efek mediasi resiliensi pada hubungan perceived social support dan adaptabilitas masih terbatas. Dengan semakin maraknya pembelajaran ke luar negeri, topik ini semakin relevan pada mahasiswa Indonesia. Maka, tujuan penelitian skripsi ini adalah meneliti peran resiliensi sebagai mediator dalam hubungan antara perceived social support dan adaptabilitas mahasiswa internasional sarjana berkewarganegaraan Indonesia (international student). Partisipan berjumlah 89 mahasiswa sarjana berumur 18-24 tahun yang terdiri dari 29 pria dan 60 wanita. Seluruh partisipan pernah, atau sedang menuntut pendidikan di luar Indonesia selama minimal 3 bulan berturut-turut.

Pengukuran dilakukan menggunakan alat ukur The Multidimensional Scale of Perceived Social Support ($M = 67.6$; $SD = 10.1$), Connor-Davidson Resilience Scale ($M = 75.8$; $SD = 12$), serta Individual Adaptability Scale ($M = 182.1$; $SD = 19.2$). Analisis statistik mengungkap bahwa perceived social support positif memprediksi adaptabilitas pada mahasiswa internasional berkewarganegaraan Indonesia ($p < .001$).

Resiliensi memprediksi adaptabilitas secara positif ($p < .001$), dan terdapat indirect effect dari perceived social support terhadap adaptabilitas yang dimediasi oleh resiliensi ($p < .01$). Dapat disimpulkan bahwa para mahasiswa internasional Indonesia yang memperoleh perceived social support memiliki adaptabilitas baik yang dimediasi oleh resiliensi.

.....Previous research indicated that perceived social support predicted resilience and certain dimensions of adaptability. However, there has been few research conducted on the mediating effects of resilience on the relationship between perceived social support and adaptability. Furthermore, with the increasing trend of studying abroad, this topic has become ever more relevant. Thus, this research aims to discover the mediating role of resilience in the relationship between perceived social support and adaptability in Indonesian undergraduates studying abroad, hereafter called 'international students'. A total of 89 participants consisting of 29 males and 60 females aged 18 to 24 took part in this research. All participants were undergraduate students of Indonesian nationality, and are currently, or had previously studied abroad for no less than 3 months consecutively. Measurements utilised The Multidimensional Scale of Perceived Social Support ($M = 67.6$; $SD = 10.1$), Connor-Davidson Resilience Scale ($M = 75.8$; $SD = 12$), and Individual Adaptability Scale ($M = 182.1$; $SD = 19.2$). Statistical analysis revealed that perceived social support positively predicted adaptability in Indonesian international students ($p < .001$), resilience positively predicted adaptability ($p < .001$), and there were indirect effects of perceived social support on adaptability, mediated by resilience ($p < .01$). The results showed that Indonesian international students who had perceived social support were closely associated with high levels of adaptability when mediated by

resilience.