

***NARRATIVE RESEARCH* TENTANG PENYESUAIAN AKADEMIK
MAHASISWA TIDAK SEBIDANG PSIKOLOGI PENDIDIKAN SPS UPI
2019-2020**

TESIS

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister
Program Studi Psikologi Pendidikan



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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd) pada Sekolah Pascasarjana
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ABSTRAK

Narrative Research Tentang Penyesuaian Akademik Mahasiswa Tidak Sebidang Psikologi Pendidikan SPS UPI 2019-2020. Tesis. Astari Mirisya. Program Studi Psikologi Pendidikan. Sekolah Pascasarjana. Universitas Pendidikan Indonesia. Pembimbing: Hani Yulindrasari, S.Psi, MGendSt. PhD dan Dr. Tina Hayati Dahlan, M.Pd Psikolog

Penelitian ini merupakan penelitian kualitatif yang bertujuan untuk mengeksplorasi, mengetahui dan menjelaskan kembali dalam bentuk naratif bentuk-bentuk pengalaman penyesuaian diri mahasiswa tidak sebidang jurusan Psikologi Pendidikan SPS UPI tahun 2019-2020 ketika mempelajari bidang ilmu baru dan berbeda. Penelitian ini mengambil mahasiswa Psikologi Pendidikan angkatan 2019-2020 dengan latar belakang jurusan yang bukan berasal dari jurusan Pendidikan, BK dan Psikologi saat mereka S1. Hasil penelitian menunjukkan bahwa mahasiswa tidak sebidang: 1) memiliki perasaan *otherness* atau keberbedaan ketika menyesuaikan diri dengan lingkungan dan saat mengikuti proses pembelajaran pada lingkungan tempat mereka belajar; 2) merasa inferior selama proses penyesuaian diri ketika mempelajari bidang ilmu baru dan berbeda yang disertai dengan adanya upaya yang mereka lakukan untuk mengurangi perasaan tersebut; dan 3) memiliki perasaan belas kasih terhadap diri sendiri ketika menyadari bahwa pengalaman dan kesulitan yang mereka alami juga dialami oleh mahasiswa tidak sebidang lainnya ketika mengikuti proses pembelajaran.

Kata Kunci: *Penyesuaian diri, Narrative Research, Perasaan Keberbedaan, Perasaan Inferior, Perasaan Belas Kasih.*

ABSTRACT

Narrative Research About Academic Adjustment of Educational Psychology's Non-Linear Students of SPS UPI 2019-2020. Thesis. Astari Mirisya. Educational Psychology Study Program. Postgraduated School. UPI. Supervisor: Hani Yulindrasari, S.Psi, MGendSt. PhD and Dr. Tina Hayati Dahlan, M.Pd Psikolog

This research is a qualitative research that aims to explore, find out and re-explain in narrative form about self-adjustment experiences of Educational Psychology Department's non-linear students of SPS UPI in 2019-2020 when studying new and different knowledge. This study took students of Educational Psychology class 2019-2020 with a major background that was not from the Educational, Counseling and Psychology Department when they were undergraduates. The results of the study indicate that non-linear students: 1) felt the otherness or difference when adjusting to the environment and when participating in the learning process in the environment where they studied; 2) felt inferior before and during the adjustment process when they were studying new and different knowledge, and it accompanied by the efforts they make to reduce these feelings; and 3) had *Self-compassion* when they were realizing that the experiences and difficulties they experienced were also experienced by other non-linear when participating in the learning process.

Keywords: *Academik Adjustment, Narrative Research, Feel of Otherness, Inferiority Feelings, Self Compassion*

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