

Nomor: 012/BK/I/S/2023

**PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA  
PERKULIAHAN DARING DAN IMPLIKASINYA BAGI  
LAYANAN BIMBINGAN DAN KONSELING  
DI PERGURUAN TINGGI**

**(Studi Deskriptif pada Mahasiswa Universitas Pendidikan Indonesia  
Angkatan 2021)**

**SKRIPSI**

**diajukan untuk memenuhi salah satu syarat mendapatkan gelar  
Sarjana Pendidikan dalam bidang keilmuan Bimbingan dan Konseling**



**oleh  
Susri Annisa  
NIM 1803914**

**PROGRAM STUDI BIMBINGAN DAN KONSELING  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2023**

**PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA  
PERKULIAHAN DARING DAN IMPLIKASINYA BAGI  
LAYANAN BIMBINGAN DAN KONSELING  
DI PERGURUAN TINGGI**

**(Studi Deskriptif pada Mahasiswa Universitas Pendidikan Indonesia  
Angkatan 2021)**

oleh  
Susi Sri Annisa

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Pendidikan dalam Bidang Bimbingan dan Konseling

© Susi Sri Annisa  
Universitas Pendidikan Indonesia  
Januari 2023

Hak Cipta dilindungi Undang-Undang  
Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian dengan dicetak  
ulang, difoto kopi, atau cara lainnya tanpa izin dari penulis.

**LEMBAR PENGESAHAN**

**SUSI SRI ANNISA  
NIM 1803914**

**PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA  
PERKULIAHAN DARING DAN IMPLIKASINYA BAGI  
LAYANAN BIMBINGAN DAN KONSELING  
DI PERGURUAN TINGGI  
(Studi Deskriptif pada Mahasiswa Universitas Pendidikan Indonesia  
Angkatan 2021)**

**disetujui dan disahkan oleh pembimbing**

**Pembimbing I**



**Dadang Sudrajat, M.Pd.  
NIP 19680828 199802 1 002**

**Pembimbing II**



**Nadia Aulia Nadhirah, M.Pd.  
NIP 920171219900414201**

**Mengetahui,  
Ketua Program Studi Sarjana Bimbingan dan Konseling  
Fakultas Ilmu Pendidikan  
Universitas Pendidikan Indonesia**



**Dr. Ipah Saripah, M.Pd.  
NIP 19771014 200112 2 001**

## ABSTRAK

Penyesuaian akademik mahasiswa didefinisikan sebagai keterampilan mahasiswa dalam menghadapi tuntutan yang berasal dari lingkungan akademik dengan tujuan untuk memperoleh keseimbangan dan perasaan sehat baik secara mental, fisik, maupun psikososial sehingga hal tersebut dapat menunjang kegiatan belajarnya menjadi berkualitas dan menghasilkan prestasi belajar yang memuaskan di perguruan tinggi. Penyesuaian akademik mahasiswa dalam penelitian ini diukur berdasarkan lima domain yang meliputi (1) kompetensi akademik; (2) kompetensi sosial; (3) masalah kesehatan mental; (4) *self-worth*; dan (5) kemajuan perkembangan di masa dewasa. Tujuan dari penelitian ini yaitu mendeskripsikan penyesuaian akademik mahasiswa Universitas Pendidikan Indonesia angkatan 2021 selama masa perkuliahan daring serta implikasinya terhadap layanan bimbingan dan konseling di perguruan tinggi. Metode yang digunakan dalam penelitian ini yaitu studi deskriptif dengan desain *cross sectional survey design* dan teknik pengambilan sampel *convenience sampling*. Hasil penelitian menunjukkan sebagian besar mahasiswa Universitas Pendidikan 2021 cenderung berada pada kategori penyesuaian akademik *well-adjusted*. Namun ditemukan bahwa pada domain kompetensi akademik, sebagian besar mahasiswa masih berada pada kategori *maladjusted*. Oleh karena itu, mahasiswa membutuhkan bantuan dalam proses penyesuaian akademik di perguruan tinggi. Luaran penelitian ini yaitu buku Bimbingan Orientasi Kehidupan di Perguruan Tinggi merupakan salah satu layanan informasi yang di dalamnya memuat tips & trik, informasi, serta panduan mengenai penyesuaian di perguruan tinggi yang dapat digunakan sebagai bantuan bagi mahasiswa dalam menyesuaikan diri, khususnya secara akademis di perguruan tinggi.

Kata Kunci: mahasiswa, penyesuaian akademik, perguruan tinggi

## **ABSTRACT**

*Student academic adjustment is defined as a student's skill in dealing with demands that come from the academic environment with the aim of obtaining balance and feeling healthy both mentally, physically and psychosocially so that this can support their high quality of learning activities and generate satisfying learning achievements in higher education. Students' academic adjustment in this study are measured based on five domains which are (1) academic competence; (2) social competence; (3) mental health problems; (4) self-worth; and (5) developmental progress in adulthood. The purpose of this study is to describe the academic adjustment of Indonesia University of Education class of 2021 students during the online lecture period and its implications for guidance and counseling services in higher education. The method used in this study is a descriptive study with a cross-sectional survey design and convenience sampling technique. The results of the study show that most of Indonesia University of Education class of 2021 students tend to be in the well-adjusted academic adjustment category. However, it was found that in the domain of academic competence, most students were still in the maladjusted category. Therefore, students need assistance in the process of academic adjustment in higher education. The output of this research is the book *Orientation Guidance in Higher Education's Life* is one of the information services which contains tips & tricks, information, and adjustment guides regarding university that can be used as an aid for students in adjusting themselves, especially academically to university.*

*Keywords: academic adjustment, higher education, student*

Susi Sri Annisa, 2023

**PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA PERKULIAHAN DARING DAN IMPLIKASINYA BAGI LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI**

Universitas Pendidikan Indonesia | [repository.upi.edu](https://repository.upi.edu) | [perpustakaan.upi.edu](https://perpustakaan.upi.edu)

## DAFTAR ISI

<b>PERNYATAAN KEASLIAN SKRIPSI</b> .....	<b>i</b>
<b>UCAPAN TERIMA KASIH</b> .....	<b>ii</b>
<b>ABSTRAK</b> .....	<b>iii</b>
<b>DAFTAR ISI</b> .....	<b>v</b>
<b>DAFTAR TABEL</b> .....	<b>vii</b>
<b>DAFTAR GAMBAR</b> .....	<b>ix</b>
<b>DAFTAR LAMPIRAN</b> .....	<b>x</b>
<b>BAB I PENDAHULUAN</b> .....	<b>1</b>
1.1 Latar Belakang Penelitian .....	1
1.2 Rumusan Masalah .....	7
1.3 Tujuan Penelitian .....	8
1.4 Manfaat Penelitian .....	8
1.5 Struktur Organisasi Skripsi .....	9
<b>BAB II KAJIAN PUSTAKA</b> .....	<b>10</b>
2.1 Konsep Penyesuaian Akademik .....	10
2.2 Perkembangan Mahasiswa di Perguruan Tinggi .....	14
2.3 Penyesuaian Akademik Mahasiswa di Perguruan Tinggi .....	17
2.4 Layanan Bimbingan dan Konseling di Perguruan Tinggi .....	26
2.5 Konsep Perkuliahan Daring .....	28
2.6 Penelitian Terdahulu .....	32
<b>BAB III METODE PENELITIAN</b> .....	<b>36</b>
3.1 Desain Penelitian .....	36
3.2 Partisipan .....	37
3.3 Populasi dan Sampel .....	38
3.4 Definisi Operasional Variabel .....	39
3.5 Instrumen Penelitian .....	41
3.6 Prosedur Pengumpulan Data Penelitian .....	50
3.7 Analisis Data .....	51
<b>BAB IV TEMUAN DAN PEMBAHASAN</b> .....	<b>55</b>
4.1 Deskripsi Hasil Temuan Penelitian .....	55

Susi Sri Annisa, 2023  
*PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA PERKULIAHAN DARING DAN IMPLIKASINYA  
BAGI LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI*  
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

4.2 Pembahasan Hasil Temuan Penelitian .....	79
4.3 Buku Bimbingan Orientasi Kehidupan di Perguruan Tinggi sebagai Upaya Membantu Mahasiswa dalam Penyesuaian Akademik di Perguruan Tinggi...	95
<b>BAB V SIMPULAN, IMPLIKASI, DAN REKOMENDASI .....</b>	<b>101</b>
5.1 Simpulan .....	101
5.2 Implikasi .....	102
5.3 Rekomendasi .....	103
5.4 Keterbatasan Penelitian .....	103
<b>DAFTAR PUSTAKA .....</b>	<b>104</b>
<b>LAMPIRAN .....</b>	<b>112</b>

Susi Sri Annisa, 2023

*PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA PERKULIAHAN DARING DAN IMPLIKASINYA  
BAGI LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI*

Universitas Pendidikan Indonesia | [repository.upi.edu](https://repository.upi.edu) | [perpustakaan.upi.edu](https://perpustakaan.upi.edu)

## DAFTAR PUSTAKA

- Abdullah, M. C., Elias, H., Mahyuddin, R., & Uli, J. (2009a). Adjustment amongst first year students in a Malaysian university. *European Journal of Social Sciences*, 8(3), 496–505.
- Abdullah, M. C., Elias, H., Mahyuddin, R., & Uli, J. (2009b). The relationship between emotional intelligence and adjustment amongst first year students in a Malaysian public university. *International Journal of Interdisciplinary Social Sciences*, 4(9), 95–106.
- Ahmad, M. Y., Tambak, S., & Hasanah, U. (2018). Pengaruh Kecerdasan Emosional terhadap Penyesuaian Diri Mahasiswa Thailand. *Al-Hikmah: Jurnal Agama Dan Ilmu Pengetahuan*, 15(2), 16–30.
- Alipio, M. (2020). *Academic Adjustment and Performance among Filipino Freshmen College Students in the Health Sciences: Does Senior High School Strand Matter? March*, 1–12.
- Andrade, C., & Fernandes, J. L. (2022). Hopes and Fears of First-Year Freshman College Students during the COVID-19 Pandemic. *Education Sciences*, 12(1), 53. <https://doi.org/10.3390/educsci12010053>
- Ang, J. Y., Monte, V., & Tsai, W. (2022). First-Year College Students ' Adjustment During the COVID-19 Pandemic : The Protective Roles of Hope and Gratitude. *Translational Issues in Psychological Science*.
- Arjanggi, R., & Kusumaningsih, L. P. S. (2016). College Adjustment of First Year Students: The Role of Social Anxiety. *Journal of Educational, Health and Community Psychology*, 5(1), 30.
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480.
- Arnett, J. J. (2015). *Emerging Adulthood: The Winding Road from the Late Teens Through the Twenties* (2nd ed). Oxford University Press.
- Arslan, G., Yıldırım, M., & Zangeneh, M. (2021). Coronavirus Anxiety and Psychological Adjustment in College Students: Exploring the Role of College Belongingness and Social Media Addiction. *International Journal of Mental Health and Addiction*.
- Backer-Grøndahl, A., Nærde, A., & Idsoe, T. (2019). Hot and Cool Self-Regulation, Academic Competence, and Maladjustment: Mediating and Differential Relations. *Child Development*, 90(6), 2171–2188.
- Beyers, W., & Goossens, L. (2002). Concurrent and predictive validity of the student adaptation to college questionnaire in a sample of European freshman students. *Educational and Psychological Measurement*, 62(3), 527–538.

Susi Sri Annisa, 2023

**PENYESUAIAN AKADEMIK MAHASISWA SELAMA MASA PERKULIAHAN DARING DAN IMPLIKASINYA BAGI LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI**

Universitas Pendidikan Indonesia | [repository.upi.edu](https://repository.upi.edu) | [perpustakaan.upi.edu](https://perpustakaan.upi.edu)



- Bond, T. G., & Fox, C. M. (2013). Applying the Rasch Model. In *Applying the Rasch Model*. Routledge.
- Boone, W. J., Yale, M. S., & Staver, J. R. (2014). Rasch Analysis in the Human Sciences. In *Rasch Analysis in the Human Sciences*.
- Boté-Vericad, J. J. (2021). Challenges for the educational system during lockdowns: A possible new framework for teaching and learning for the near future. *Education for Information*, 37(1), 149–153.
- Brandy, J. M., Penckofer, S., Solari-Twadell, P. A., & Velsor-Friedrich, B. (2015). Factors Predictive of Depression in First-Year College Students. *Journal of Psychosocial Nursing and Mental Health Services*, 53(2), 38–44.
- Calaguas, G. M. (2011). Sex differences and the relation of age in adjustment difficulties among college freshmen. *Journal of Advances in Developmental Research*, 2(2), 221–226.
- Chan, R. Y., Bista, K., & Allen, R. M. (2022). *Online Teaching and Learning in Higher Education during COVID-19*. Routledge.
- Chang, E. C., Lin, J., Fowler, E. E., Yu, E. A., Yu, T., Jilani, Z., Kahle, E. R., & Hirsch, J. K. (2015). Sexual Assault and Depressive Symptoms in College Students: Do Psychological Needs Account for the Relationship? *Social Work (United States)*, 60(3), 211–218.
- Chen, S., & Bonanno, G. A. (2020). Psychological Adjustment During the Global Outbreak of COVID-19: A Resilience Perspective. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12, 51–54.
- Christyanti, D., Mustami'ah, D., & Sulistiani, W. (2010). Hubungan antara Penyesuaian Diri terhadap Tuntutan Akademik dengan Kecenderungan Stres pada Mahasiswa Fakultas Kedokteran Universitas Hang Tuah Surabaya. *INSAN Vol. 12 No. 03, 12(03)*, 3–15.
- Clinciu, A. I., & Cazan, A.-M. (2014). Academic Adjustment Questionnaire for the University Students. *Procedia - Social and Behavioral Sciences*, 127, 655–660.
- Conefrey, T. (2021). Supporting First-Generation Students' Adjustment to College With High-Impact Practices. *Journal of College Student Retention: Research, Theory and Practice*, 23(1), 139–160.
- Credé, M., & Niehorster, S. (2012). Adjustment to College as Measured by the Student Adaptation to College Questionnaire: A Quantitative Review of its Structure and Relationships with Correlates and Consequences. *Educational Psychology Review*, 24(1), 133–165.
- Creswell, J. W. (2012). *Educational Research-Planning, Conducting, and Evaluating Quantitative and Qualitative Research*.

- Crocker, J., & Luhtanen, R. K. (2011). Level of Self-Esteem and Contingencies of Self-Worth: Unique Effects on Academic, Social, and Financial Problems in College Students. *Personality and Social Psychology Bulletin*.
- Dawborn-Gundlach, M., & Margetts, K. (2018). Measures of the adjustment of mature-age, undergraduate students to university. *Journal of Global Education and Research*, 1(2), 84–99.
- Duffy, K. G., & Atwater, E. (2014). *Psychology for Living: Adjustment, Growth, and Behavior Today*.
- Dumford, A. D., & Miller, A. L. (2018). Online learning in higher education : exploring advantages and disadvantages for engagement. *Journal of Computing in Higher Education*. <https://doi.org/10.1007/s12528-018-9179-z>
- Erindana, F. U. N., Nashori, H. F., & Tasaufi, M. N. F. (2021). Penyesuaian Diri Dan Stres Akademik Mahasiswa Tahun Pertama. *Motiva: Jurnal Psikologi*, 4(1), 11.
- Fajriani, Yulizar, Bahri, S., & Bakar, A. (2020). Penyesuaian Diri Siswa terhadap Pembelajaran Daring di SMA Laboratorium UNSYIAH pada Masa Pandemi Covid-19. *Prosiding Seminar Nasional*, 271–278.
- Fanani, Q., & Jainurakhma, J. (2020). Kemampuan Penyesuaian Diri Mahasiswa Terhadap Pembelajaran Daring Di Tengah Pandemi Covid-19. *Jurnal KomtekInfo*, 7(4), 285–292.
- Frankel, J. R., Wallen, N. E. & Hyun, H. H. (2011). How to Design and Evaluate Research in Education (8th Edition). In *Boston: McGraw-Hill*.
- Gerardus, U., & Upa, M. D. P. (2021). Pemenuhan Kebutuhan Sosial Emosional Selama Masa Pandemi Covid-19 Mahasiswa Program Studi Bimbingan dan Konseling FKIP Undana. *Haumeni Journal of Education*, 1(2), 171–182.
- Gerdes, H., & Mallinckrodt, B. (1994). Emotional, Social, and Academic Adjustment of College Students: A Longitudinal Study of Retention. *Journal of Counseling & Development*, 72(3), 281–288.
- Haktanir, A., Watson, J. C., Ermis-Demirtas, H., Karaman, M. A., Freeman, P. D., Kumaran, A., & Streeter, A. (2021). Resilience, Academic Self-Concept, and College Adjustment Among First-Year Students. *Journal of College Student Retention: Research, Theory and Practice*, 23(1), 161–178.
- Hall, E. D., McNallie, J., Custers, K., Timmermans, E., Wilson, S. R., & Van den Bulck, J. (2016). A Cross-Cultural Examination of the Mediating Role of Family Support and Parental Advice Quality on the Relationship Between Family Communication Patterns and First-Year College Student Adjustment in the United States and Belgium. *Communication Research*, 44(5), 1–30.
- Harahap, F. (2021). Self-Adjustment Dynamic In Sojourner College Students. *Journal of Psychology and Instruction*, 4(3), 83–89.

- Herdiansyah, R., Rahmi, F., & Sari, L. (2021). Gambaran College Adjustment Pada Mahasiswa Angkatan 2020. *Edu Cendikia: Jurnal Ilmiah Kependidikan*, 1(3), 164–170.
- Hilmy Zhafira, N., Ertika, Y., & Chairiyaton. (2020). Persepsi Mahasiswa terhadap Perkuliahan Daring sebagai Sarana Pembelajaran Selama Masa Karantina Covid-19. *Jurnal Bisnis Dan Kajian Strategi Manajemen*, 4(1), 37–45.
- Humas. (2019). *Kuliah di Perguruan Tinggi Berbeda dengan SMA*. Universitas Negeri Yogyakarta. <https://www.uny.ac.id/id/berita/kuliah-di-perguruan-tinggi-berbeda-dengan-sma>
- Hurd, N. M., Albright, J., Wittrup, A., Negrete, A., & Billingsley, J. (2018). Appraisal Support from Natural Mentors, Self-worth, and Psychological Distress: Examining the Experiences of Underrepresented Students Transitioning Through College. *Journal of Youth and Adolescence*, 47(5), 1100–1112.
- Iqbal, M., & Verdaningrum, A. (2016). Pengaruh Culture Shock Dan Adversity Quotient Terhadap Kepuasan Kerja Tenaga Kerja Indonesia (Tki) Di Hongkong. *Jurnal Kajian Wilayah*, 7(2), 101.
- Isaias, P., Ifenthaler, D., & Sampson, D. G. (2020). *Online Teaching and Learning in Higher Education*. Springer.
- Jeremy, D., Natalia, S., & Lumbantoruan, J. H. (2021). Faktor Procrastination Penyebab Mahasiswa Terlambat Menyelesaikan Tugas Akhir di Program Studi Pendidikan Matematika. *Brillo Journal*, 1(1), 1–10.
- Kasih, F. (2019). Bimbingan dan Konseling di Perguruan Tinggi dalam Menjawab Tantangan Era Revolusi Industri 4.0. *Konvensi Nasional Bimbingan Dan Konseling XXI*, 27–29.
- Kuncel, N. R., Credé, M., & Thomas, L. L. (2005). The validity of self-reported grade point averages, class ranks, and test scores: A meta-analysis and review of the literature. *Review of Educational Research*, 75(1), 63–82.
- Kurniawati, T. (2015). Minat Membaca Mahasiswa Program Studi Pendidikan Bahasa Inggris. *Edukasi: Jurnal Pendidikan*, 13(2), 227–238.
- Lee, G. Y., & Fletcher, A. C. (2020). Emotional Detachment Moderates Associations Between Students' Perceptions of Parental Support and First-Year College Adjustment: Generational Status Differences. *Journal of College Student Retention: Research, Theory and Practice*, 1–26.
- Lee, M. Y., & Lee, S. M. (2018). The effects of psychological maladjustments on predicting developmental trajectories of academic burnout. *School Psychology International*, 39(3), 217–233.

- Lowe, H., & Cook, A. (2003). Mind the Gap: Are students prepared for higher education? *Journal of Further and Higher Education*, 27(1), 53–76.
- Makmun, A. S. (2007). *Psikologi Kependidikan*. PT Remaja Rosdakarya.
- Marmarosh, C. L., & Markin, R. D. (2007). Group and Personal Attachments: Two Is Better Than One When Predicting College Adjustment. *Group Dynamics*, 11(3), 153–164. <https://doi.org/10.1037/1089-2699.11.3.153>
- Mattanah, J. F. (2016). College Student Psychological Adjustment. In *Momentum Press*.
- Mattanah, J. F., Hancock, G. R., & Brand, B. L. (2004). Parental Attachment, Separation-Individuation, and College Student Adjustment: A Structural Equation Analysis of Mediational Effects. *Journal of Counseling Psychology*, 51(2), 213–225.
- Mattanah, J. F., Lopez, F. G., & Govern, J. M. (2011). The contributions of parental attachment bonds to college student development and adjustment: A meta-analytic review. *Journal of Counseling Psychology*, 58(4), 565–596.
- Mitasari, Z., & Istikomayanti, Y. (2017). Studi pola penyesuaian diri mahasiswa luar Jawa di Universitas Tribhuwana Tunggaladewi Malang. *Seminar Nasional Dan Gelar Produk*, 796–803.
- Moore, J. L., Dickson-deane, C., & Galyen, K. (2011). Internet and Higher Education e-Learning , online learning , and distance learning environments : Are they the same ? *The Internet and Higher Education*, 14(2), 129–135.
- Mulyana, M., Hengky Rainanto, B., Astrini, D., & Puspitasari, R. (2020). Persepsi Mahasiswa Atas Penggunaan Aplikasi Perkuliahan Daring Saat Wabah Covid-19. *Jurnal Analisis Sistem Pendidikan Tinggi*, 4(1), 47–56.
- Nastiti, D., & Habibah, N. (2017). Studi Eksplorasi tentang Pentingnya Layanan Bimbingan Konseling Bagi Mahasiswa di UMSIDA. *Psikologia : Jurnal Psikologi*, 1(1), 52.
- Paramanik, J., Saha, B., & Chandra Mondal, B. (2014). Adjustment of Secondary School Students with Respect to Gender and Residence. *American Journal of Educational Research*, 2(12), 1138–1143.
- Rahayu, M. N. M., & Arianti, R. (2020). *Penyesuaian Mahasiswa Tahun Pertama Di Perguruan Tinggi : Studi Pada Mahasiswa Fakultas Psikologi Ukuw Freshmen Adjustment : a Study on Students At Faculty of Psychology Swcu*. 4(2), 73–84.
- Rahman, F. (2020). Descriptive Study of Psychological Well-Being College Students. *Journal of Islamic Education Guidance and Counseling*, 01(1), 10–21.
- Ridha, A. A. (2020). Reality Not Imagination : Konseling Reality Therapy Membantu Penyesuaian Akademik. *Intuisi Jurnal Psikologi Ilmiah*, 2(2).

- Rimbani, R. M. (2017). *Dampak Subsidi Kesehatan Terhadap Pengeluaran Biaya Kesehatan Keluarga Miskin Studi Kasus Pada Masyarakat Penerima Bantuan Iuran di Kecamatan Ngamprah Kabupaten Bandung Barat*. Unpas Bandung.
- Rooij, E. C. M. van, Jansen, E. P. W. A., & Grift, W. J. C. M. van de. (2018). First-year university students' academic success: the importance of academic adjustment. *European Journal of Psychology of Education*, 33(4), 749–767.
- Rozali, Y. A. (2015). Hubungan Efikasi Diri Akademik Dan Dukungan Sosial. *Jurnal Psikologi*, 13(1), 65–70.
- Rozali, Y. A., & Yashirly, E. (2020). Peran Self-Regulated Learning dan Penyesuaian Akademik di Masa Pandemi. *Seminar Nasional Ilmu Pendidikan Dan Multi Disiplin 3 (SNIPMD 3)*, 84–91.
- Sander, P., & de la Fuente, J. (2022). Modelling students' academic confidence, personality and academic emotions. *Current Psychology*, 41(7), 4329–4340.
- Saniskoro, B. S. R., & Akmal, S. Z. (2020). Peranan penyesuaian diri di perguruan tinggi terhadap stres akademik pada mahasiswa perantau di Jakarta. *Jurnal Psikologi Ulayat*, 4(1), 96–106.
- Schneiders. (1955). Personal Adjustment and Mental Health. In *Holt Rinehart and Winston*.
- Scott, R., & Scott, W. A. (1998). Adjustment of Adolescents: Cross-cultural similarities and differences. In *International Journal of Behavioral Development*.
- Sharma, B. (2012). Adjustment and Emotional Maturity Among First Year College Students. *Pakistan Journal of Social and Clinical Psychology*, 9(3), 32–37.
- Sheperis, C. J., Young, J. S., Daniels, M. H., Art, S., & Lorenzo, D. (2017). *Counseling Research Quantitative, Qualitative, and Mixed Methods*. Pearson Education.
- Sopiyanti, F. (2018). Pengaruh Self Efficacy Terhadap Penyesuaian Akademik Mahasiswa. *Psychopathic : Jurnal Ilmiah Psikologi*, 4(1), 289–304.
- Sugiyatno. (2014). *Standar Kompetensi Kemandirian*.
- Sukmawati, I. (2011). *Bimbingan dan Konseling di Perguruan Tinggi dan Masyarakat*.
- Sumintono, B., & Widhiarso, W. (2014). *Aplikasi Model Rasch untuk Penelitian Ilmu-ilmu Sosial*. Trim Komunikata Publishing House.
- Taylor, M. A., & Pastor, D. A. (2007). College Questionnaire. *Educational and Psychological Measurement*, 67(6), 1002–1018.

- Tennant, J. E., Demaray, M. K., Coyle, S., & Malecki, C. K. (2015). The dangers of the web: Cybervictimization, depression, and social support in college students. *Computers in Human Behavior*, *50*, 348–357.
- Thomas, J. C., & Hersen, M. (2011). Understanding Research in Clinical and Counseling Psychology, Second Edition. In *Understanding Research in Clinical and Counseling Psychology, Second Edition*.
- UPI. (2021). *Pedoman Penyelenggaraan Pendidikan Universitas Pendidikan Indonesia*.
- Vagias, W. (2006). Likert-type scale response anchors. *Clemson International Institute for Tourism and Research Development, Department of Parks, Recreation and Tourism Management*, 3–4.
- Valenti, G. D., & Faraci, P. (2021). Predicting university adjustment from coping-styles, self-esteem, self-efficacy, and personality: Findings from a survey in a sample of Italian students. *European Journal of Investigation in Health, Psychology and Education*, *11*(3), 894–907.
- Vionita, S., & Hastuti, R. (2021). Gambaran College Adjustment Mahasiswa Baru Di Masa Pandemi Covid-19. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, *5*(1), 73.
- Warsito, H. (2009). Hubungan Antara Self-Efficacy Dengan Penyesuaian Akademik Dan Prestasi Akademik. *Jurnal Ilmiah Ilmu Pendidikan*, *IX*(1), 29–47.
- Whisman, M. A., & Richardson, E. D. (2015). Normative Data on the Beck Depression Inventory - Second Edition (BDI-II) in College Students. *Journal of Clinical Psychology*, *71*(9), 898–907.
- Wicaksono, L. A., & Rahayu, A. D. (2021). *Pengaruh Prokrastinasi Akademik Terhadap Penyesuaian Diri pada Mahasiswa Angkatan Tahun 2020*. Universitas Teknologi Yogyakarta.
- Widiyono, A. (2020). Efektifitas Perkuliahan Daring (Online) pada Mahasiswa PGSD di Saat Pandemi Covid 19 Aan Widiyono. *Jurnal Pendidikan*, *8*(2), 169–177.
- Wijaya, I. P. (2012). Efikasi Diri Akademik, Dukungan Sosial Orangtua Dan Penyesuaian Diri Mahasiswa Dalam Perkuliahan. *Persona: Jurnal Psikologi Indonesia*, *1*(1), 40–52.
- Wilczewski, M., Gorbaniuk, O., & Giuri, P. (2021). The Psychological and Academic Effects of Studying From the Home and Host Country During the COVID-19 Pandemic. *Frontiers in Psychology*, *12*(April), 1–8.

- Yau, H. K., & Cheng, A. L. F. (2014). An empirical study into gender differences in the relationships among academic, social and psychological adjustments of university support. *Journal of Further and Higher Education*, 38(2), 268–282.
- Yusuf, S., & Sugandhi, N. M. (2020). *Bimbingan dan Konseling di Perguruan Tinggi*. PT Remaja Rosdakarya.