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**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**



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

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

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Pembimbing I



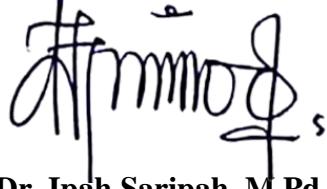
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ABSTRAK

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

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