

**HUBUNGAN ANTARA RESILIENSI DENGAN *COLLEGE ADJUSTMENT*  
PADA MAHASISWA SBUB UNIVERSITAS DIPONEGORO**

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**ABSTRAK**

Mahasiswa atlet SBUB memiliki peran ganda untuk menjalani kegiatan atlet serta berkuliah dengan berbagai hal-hal yang tidak terduga yang dapat mempengaruhi proses *college adjustmet*. Tujuan penelitian ini adalah mencari hubungan antara resiliensi dengan *college adjustment* pada mahasiswa SBUB Universitas Diponegoro. Populasi penelitian merupakan mahasiswa SBUB jalur atlet angkatan 2019-2021 yang aktif dan terdata secara sah pada sumber data Universitas Diponegoro. Sebanyak 67 subjek terkumpul menggunakan teknik *snowball sampling*, diantaranya 34 subjek uji coba skala dan 33 subjek penelitian. Terdapat tujuh subjek diantaranya empat subjek uji coba skala dan tiga subjek penelitian tidak dapat dijadikan sampel penelitian dikarenakan tidak memenuhi syarat sebagai subjek penelitian. Penelitian menggunakan metode kuantitatif dengan dua instrumen ukur yang telah diuji reliabilitasnya menggunakan formula *Alpha Cronbach* dengan bantuan program *Statistical Packages for Social Science* (SPSS) versi 26 yaitu sebanyak 46 aitem valid skala resiliensi ( $\alpha=0,955$ ) dan 68 aitem valid skala *college adjustment* ( $\alpha=0,971$ ). Metode analisis regresi sederhana menunjukkan hasil koefisien korelasi sebesar  $r_{xy}=0,726$  ( $p=0,000$ ) dan koefisien determinasi sebesar  $R^2=0,528$ . Variabel resiliensi memberikan sumbangan efektif sebesar 52,8% pada variabel *college adjustment* yang menunjukkan adanya hubungan yang positif antara resiliensi dengan *college*

*adjustment*. Berdasarkan hasil tersebut maka hipotesis yang diajukan peneliti dapat diterima, semakin rendah resiliensi maka semakin rendah pula tingkat *college adjustment*, dan sebaliknya semakin tinggi resiliensi maka semakin tinggi pula tingkat *college adjustment*. Penelitian lebih lanjut perlu diadakan untuk membahas lebih jauh terkait resiliensi terhadap *college adjustment* mahasiswa atlet SBUB.

**Kata Kunci:** Resiliensi, *college adjustment*, atlet mahasiswa SBUB

## **THE RELATIONSHIP BETWEEN RESILIENCE AND COLLEGE ADJUSTMENT IN DIPONEGORO UNIVERSITY SBUB STUDENTS**

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### **ABSTRACT**

SBUB student athletes have double role in athlete activity as well as in college life with various things unpredicted that can affect the college adjustment process. This study aims the relationship between resilience and college adjustment among Diponegoro University SBUB students. Population in this study are SBUB students that applied with athletic background and registered class of 2019-2021 in a manner valid on the data source of Diponegoro University. Total of 67 subjects collected using snowball sampling technique, including 34 subjects for scale try out and 33 subjects for research. There are seven subjects including four subjects for scale try out and three research subjects cannot be used for sample research because of ineligible as subject in this research. Quantitative method with two instruments used

and has tested its reliability using Cronbach's Alpha formula with the help of the Statistical Packages for Social Science (SPSS) version 26 program. There are 46 valid items for resilience scale ( $\alpha=0.955$ ) and 68 valid items for college adjustment scale ( $\alpha=0.971$ ). Simple regression analysis method shows results coefficient correlation as  $r_{xy}=0.726$  ( $p=0.000$ ) and coefficients determination of  $R^2=0.528$ . Resilience gives 52.8% effective donation on college adjustment that shows positive relationship between resilience and college adjustment. Proposed hypothesis could be accepted, the lower the resilience, the lower the college adjustment rate, and vice versa, the higher the resilience, the higher the college adjustment rate. Further research needs to be held to discuss about the impact of resilience to college adjustments in SBUB student athletes.

**Keywords:** Resilience, college adjustment, SBUB student athletes