ABSTRAK

Anastasya Handayanuputri (01071190087)

DIMENSI *FIVE FACTORS MODEL* (FFM) SEBAGAI PREDIKTOR KECENDERUNGAN MENGALAMI PROBLEM PENYESUAIAN STUDI PADA MAHASISWA FK UPH ANGKATAN 2020

(xv + 61 halaman + 6 gambar + 7 tabel + 5 lampiran)

Latar belakang: Perubahan yang dirasakan mahasiswa dari sekolah menengah atas ke perguruan tinggi seringkali memaksa mereka untuk melakukan penyesuaian dengan perubahan tersebut. Jika mahasiswa mengalami problem dalam penyesuaian studi, mereka cenderung akan mengalami kesulitan selama di kampus, baik dalam akademik, sosial, maupun emosional, dan dapat menimbulkan stres. Kesulitan ini dapat dihubungkan dengan ciri kepribadian yang dimiliki oleh mahasiswa. Ciri kepribadian tertentu dapat membantu mahasiswa dalam melakukan penyesuaian studi, namun adapula ciri kepribadian yang menyulitkan dalam beradaptasi dan membuat mereka tidak dapat menangani suatu situasi dengan baik. Walaupun sudah pernah dilakukan penelitian serupa, namun menunjukkan hasil yang inkonsisten dan belum terdapat data mengenai hubungan ciri kepribadian dan problem penyesuaian studi pada mahasiswa kedokteran di Indonesia.

Metodologi: Penelitian ini dilaksanakan pada Januari 2022 hingga Mei 2022 dengan desain penelitian *cross-sectional* dan populasi sampel 137 responden. Pengumpulan data menggunakan kuesioner *Big Five Inventory* dan *Student Adaptation to College Questionnaire,* dianalisis menggunakan uji statistik analisis regresi linear sederhana.

Hasil Analisa data: Penelitian ini menemukan bahwa terdapat hubungan yang signifikan antara ciri kepribadian *agreeableness* (p=0,008, R^2=0,090), *conscientiousness* (p=0,032, R^2=0,051), dan *openness to experience* (p=0,045, R^2=0,040) dengan penyesuaian studi pada mahasiswa FK UPH Angkatan 2020, sehingga ketiga ciri kepribadian tersebut dapat dijadikan sebagai prediktor kemampuan penyesuaian studi dengan kategori lemah. Hubungan tiap variabel sesuai dengan hipotesis dan teori bahwa ciri kepribadian dapat menjadi prediktor seorang mahasiswa dalam kemampuan penyesuaian studinya di perguruan tinggi

Kata kunci: Five *Factors Model of Personality,* problem penyesuaian studi, mahasiswa/I

Referensi: 151 (1961-2021)

ABSTRACT

Anastasya Handayanuputri (01071190087)

DIMENSIONS OF FIVE FACTORS MODEL (FFM) AS PREDICTORS OF THE TREND TO EXPERIENCE STUDY ADJUSTMENT PROBLEMS IN STUDENTS OF THE FACULTY OF MEDICINE UPH BATCH 2020

(xv + 61 pages + 6 charts + 7 tables + 5 attachments)

Background : *The changes felt by students from high school to college often force them to adjust to these changes. If the students have college adjustment problems, they are likely to experience difficulties in campus, such as difficulties in academic work, social, and emotional, and can cause stress. The difficulty of students in making college adjustments can be related to their personality traits that students tend to have. Certain personality traits can help students to achieve success in making college adjustment, but there are also personality traits that can make it harder for them to adapt and can make them unable to handle a situation properly. Although similar studies have been conducted, they show inconsistent results and there is no data regarding the relationship between personality traits and college adjustment problems in medical students in Indonesia.*

Methodology : *With a cross-sectional research design and a sample size of 137 respondents, this study was carried out in January 2022 until May 2022. Big Five Inventory and the Student Adaptation to College Questionnaire were used to collect data, which was then statistically tested using basic linear regression analysis.*

Data Analysis Result : *This study found that there was a significant relationship between the personality traits of agreeableness (p=0.008, R2=0.090), conscientiousness (p=0.032, R2=0.051), and openness to experience (p=0.045, R2=0.040) with study adjustments to UPH Medical Faculty students Batch 2020, so that these three personality traits can be used as predictors of study adjustment abilities in the weak category. The correlation between each variable supports the theory and premise that a student's personality qualities can indicate how well they will be able to adjust to their college coursework.*

Keywords : *Five Factors Model of Personality (FFM), college adjustment problems, students*

References : *151 (1961-2021)*