

ABSTRACT

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The Description of Self Adjustment in Freshmen at “X” University; Dr. Rostiana, M.Si, Psi. & Yeni Anna Appulembang, M.A., Psi.; Undergraduate Program in Psychology, Tarumanagara University, (i-xi; 39 pages; R1-R3; Appdx 1-28).

Self adjustment as an ongoing process that will continue throughout life (Haber & Runyon, 1984). The purpose of this study presented was to determine how the self adjustment to new students. Subjects in this study were freshmen faculty psychology class of 2016 at the University of X. Gender subjects are women and men. The age of subjects in the study is not restricted. Researchers took the entire population to be sampled in the study as many as 229 subjects. However, the latest research into the subject is as much as 193 subyek. Sampling technique method used is nonprobability sampling with purposive sampling technique. Collecting data using questionnaires to measure the self adjustment is based on the theory of Haber and Runyon (1984). The results showed that the description of the self adjustment in 2016 for freshmen University psychology faculty X can be ranked high.

Keywords: self adjustment, freshmen