

ABSTRAK

Judul : Hubungan *Self-regulated Learning* dengan Penyesuaian Akademik pada Mahasiswa yang Menjalani Kuliah Online, di Jakarta.
Nama : Elfajri Yashirly
Program Studi : Psikologi

Di masa pandemi COVID-19, perguruan tinggi menerapkan sistem pembelajaran baru yaitu kuliah *online*. Berbagai tuntutan baru yang dialami beberapa Mahasiswa seperti kesulitan dalam menjalani kuliah *online*, tugas yang lebih banyak, sulit memahami materi *online*, dan sulit berdiskusi langsung dengan teman memunculkan masalah penyesuaian akademik. Salah satu hal yang berkaitan dengan penyesuaian akademik adalah *self-regulated learning*. Tujuan penelitian ini untuk mengetahui hubungan *self-regulated learning* dengan penyesuaian akademik pada Mahasiswa yang menjalani kuliah *online*. Penelitian ini menggunakan kuantitatif-korelasional dengan teknik *purposive sampling* terhadap 100 Mahasiswa. Alat ukur *self-regulated learning* yang digunakan berjumlah 26 aitem valid dengan nilai (α) = 0,884 dan penyesuaian akademik berjumlah 21 aitem valid dengan nilai (α) = 0,874. Dari hasil uji korelasi diperoleh nilai sig. (p) = 0,000 ($p < 0,05$) kemudian semakin tinggi *self-regulated learning*, semakin tinggi penyesuaian akademik Mahasiswa yang menjalani kuliah *online*. Sebaliknya, semakin rendah *self-regulated learning*, maka semakin buruk penyesuaian akademik yang artinya hipotesis diterima. *Self-regulated learning* berkontribusi sebesar 40,32% terhadap penyesuaian akademik dan sisanya 59,68% oleh faktor lain. Hasil penelitian menunjukkan lebih banyak Mahasiswa yang memiliki *self-regulated learning* tinggi yaitu 53% dan lebih banyak Mahasiswa yang memiliki penyesuaian akademik yang baik yaitu 51%. Dalam penelitian ini, Mahasiswa dengan penyesuaian akademik baik lebih banyak berasal dari Mahasiswa berjenis kelamin perempuan, perguruan tinggi swasta, dan didukung orang tua. Sedangkan Mahasiswa dengan penyesuaian akademik buruk lebih banyak berasal dari Mahasiswa yang memiliki teman belajar. Selain itu, Mahasiswa dengan *self-regulated learning* tinggi lebih banyak berasal dari Mahasiswa perguruan tinggi swasta, didukung orang tua, dan memiliki teman belajar.

Kata kunci: *Self-regulated learning*, Penyesuaian Akademik, Mahasiswa, kuliah *online*.

ABSTRACT

Title : Relationship of Self-regulated Learning with Academic Adjustment to Students Online Learning, in Jakarta.
Name : Elfajri Yashirly
Study Program : Psychology

During the COVID-19 pandemic, universities were implementing a new learning system, that is online lectures. There are a various of new assertion for some student, such as too difficult in online lectures, more assignment, difficult to understand online materials, and it was so difficult to have a direct discussions with friends, so it raised academic adjusment problem. That is one thing related to academic adjustment, that is self-regulated learning. The purpose of this research to know about a relationship between self-regulated learning and academic adjustment in students was having online lectures. This research use quantitative-correlational with purposive sampling technique on 100 students. The measuring instrument for self-regulated learning is 26 valid items with a value (α) = 0.884 and academic adjustment is 21 valid items with a value (α) = 0.874. From the result of the correlation test, the sig value is obtained. (p) = 0.000 ($p < 0.05$) then the higher self-regulated learning, the higher academic adjustment of students online lectures. Conversely, the lower self-regulated learning, the poor academic adjustment, which means that the hypothesis is accepted. Self-regulated learning contributed 40.32% to academic adjustment and the remaining 59.68% by other factors. The results showed that more student have high self-regulated learning is 53% and more student who have good academic adjustment is 51%. In this research, more students with good academic adjustment come from female students, private universities, and supported by their parents. Meanwhile, more student with poor academic adjustment come from students who have study partners. In addition, more student with high self-regulated learning came from private university student, supported by their parents, and have study partners.

Keywords: Self-regulated learning, Academic Adjustment, Students, Online Lectures