

Hubungan antara masalah adjustment to college work dengan psychological distress pada mahasiswa asing di Universitas Indonesia = Relationship between adjustment to college work problems and psychological distress among international students at Universitas Indonesia

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Abstrak

Relokasi mahasiswa asing dapat menimbulkan beban bagi banyak mahasiswa asing. Kesulitan yang lebih berat pada mahasiswa asing disebabkan oleh perbedaan budaya, bahasa, dan sistem pendidikan sebagai stress tambahan yang tidak dialami oleh mahasiswa lokal. Penelitian ini bertujuan untuk melihat apakah masalah adjustment to college work memiliki hubungan signifikan dengan psychological distress pada mahasiswa asing di Universitas Indonesia.

Penelitian ini menggunakan metode kuantitatif dengan alat ukur HSCL-25 untuk mengetahui tingkat psychological distress, dan Mooney Problem-Checklist untuk mendata masalah adjustment to college work. Partisipan dalam penelitian ini adalah 107 mahasiswa asing yang mengikuti program akademik degree dan non-degree di lingkungan Universitas Indonesia, yang dikumpulkan dengan teknik accidental sampling dan snowball sampling.

Berdasarkan hasil penghitungan statistik, diketahui tidak ada hubungan signifikan antara masalah adjustment to college work dengan psychological distress. Namun, dari hasil analisis tambahan diketahui masalah “Mencemaskan ujian-ujian” dan “Takut gagal di perguruan tinggi” memiliki hubungan signifikan dengan psychological distress pada mahasiswa asing di UI.

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Relocation phenomenon can pose a burden for most international students. They encounter more problems due to cultural differences, which are not experienced by local students. The aim of this research is to get a description about the relationship between adjustment to college work problems and psychological distress. This research used the quantitative method with the HSCL-25 used as a measurement of psychological distress, and the Mooney Problem Checklist – Adjustment to College Work scale as a measurement of adjustment to college work. The respondents in this research are 107 international students who are studying at Universitas Indonesia from both degree and non-degree program, gathered by accidental sampling and snowball sampling technique.

The result shows that there is no significant relationship between adjustment to college work problem and psychological distress in international students. However, this research also shows that there is a significant correlation between the problems “Worrying about examination” and “Fearing in failure in college” with psychological distress.