

# Peran childhood emotional maltreatment dan psychological mindedness terhadap college emotional adjustment mahasiswa = The roles of childhood emotional maltreatment and psychological mindedness towards student's college emotional adjustment

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## Abstrak

Penelitian dilakukan untuk melihat peran dari childhood emotional maltreatment dan psychological mindedness terhadap college emotional adjustment. Penelitian merupakan penelitian kuantitatif, korelasional, dengan convenience sampling. Partisipan dari penelitian merupakan 335 mahasiswa sarjana yang berkuliah di perguruan tinggi di Indonesia. Alat ukur yang digunakan adalah Student Adjustment to College Questionnaires (1984), Childhood Trauma Questionnaire Short Form (1994), dan Balanced Index of Psychological Mindedness (2009). Data diolah menggunakan analisis korelasi dan analisis multiple regression. Hasil analisis menemukan hubungan negatif yang signifikan antara childhood emotional maltreatment dengan college emotional adjustment, dan hubungan positif yang signifikan antara psychological mindedness dengan college emotional adjustment. Childhood emotional maltreatment dan psychological mindedness juga ditemukan sebagai prediktor dari college emotional adjustment.

.....The study was conducted to see the role of childhood emotional maltreatment and psychological mindedness on college emotional adjustments. This is a quantitative, correlational study with convenience sampling. Participants in this study are 335 undergraduate students studying at universities in Indonesia. The measuring instruments used are Student Adjustment to College Questionnaires (1984), Childhood Trauma Questionnaire Short Form (1994), and Balanced Index of Psychological Mindedness (2009). The data were analysed using correlation analysis and multiple regression analysis. Results showed that there are significant relationships between childhood emotional maltreatment and college emotional adjustment, and significant relationship between psychological mindedness and college emotional adjustment. Childhood emotional maltreatment and psychological mindedness were found to be significant predictors of college emotional adjustment.