

Hubungan antara Kepribadian Openness to Experience dan Penyesuaian Diri Mahasiswa Tahun Pertama di Perguruan Tinggi = The Relationship between Openness to Experience Personality Trait and College Adjustment among First Year Students in Higher Education

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Abstrak

Masa transisi menuju perguruan tinggi melibatkan berbagai perubahan kompleks yang harus dihadapi oleh para mahasiswa baru. Penelitian ini bertujuan untuk melihat hubungan antara kepribadian Big Five, khususnya openness to experience dan penyesuaian diri mahasiswa di Perguruan Tinggi pada masa pembelajaran daring. Responden penelitian ini adalah 205 mahasiswa tahun pertama berusia 18–22 tahun, yang belum pernah berkuliah sebelumnya. Kepribadian openness to experience diukur dengan Big Five Inventory (BFI), dan penyesuaian diri mahasiswa diukur dengan Student Attitude and Perception Survey (SAPS). Teknik analisis Pearson Correlation digunakan untuk menguji hipotesis. Hasil penelitian menunjukkan terdapat hubungan yang positif dan signifikan antara kedua variabel, $r(205) = 0,49$, $p < 0,01$, two tailed. Ditemukan pula effect size medium. Dengan demikian, mahasiswa dengan tingkat kepribadian openness to experience yang tinggi cenderung akan memiliki tingkat penyesuaian diri yang baik pula. Implikasi dari penelitian ini yaitu mendorong mahasiswa untuk lebih terbuka terhadap banyak hal baru di lingkungan kampus yang berguna dalam membantu proses penyesuaian

.....The transition into higher education involves many complex changes that must be challenging for freshman students. This study aims to examine the relationship between Big Five personality, especially openness to experience personality trait, and college adjustment among first-year students in higher education during online learning situations. The respondents were 205 first-year students, ranging from 18–22 years old who never had any experience of studying in college. Openness to experience was measured using Big Five Inventory (BFI), and college adjustment was measured using Student Attitude and Perception Survey (SAPS). The hypothesis was tested using Pearson Correlation. Results showed that there is a positive and significant relationship between openness to experience trait and college adjustment, $r(205) = 0,49$, $p < 0,01$, two tailed. Medium effect size was also found. Thus, students who have a higher level of openness to experience trait will tend to have better college adjustment. The implication of this study is to encourage students to be more open to new things in the college environment that can be useful for their adjustment process.