

ACADEMIC ADJUSTMENT IS REVIEWED FROM THE SUITABILITY OF INTEREST IN CHOOSING A DEPARTMENT AND PARENTAL SOCIAL SUPPORT

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ABSTRACT

Higher education has different characteristics from high school (SMA), higher education focuses more on achievement, has a different way of learning, socializes a lot with peers, and so on. The success of students in carrying out learning process activities in higher education can be seen from how students adapt to the academic field. Students who have good academic adjustment will feel calmer during lectures and can achieve many results, while students who have poor academic adjustment will have difficulty achieving results because they always compare with other people, so they always feel that they have not achieved good results in lectures. In this case, to achieve achievement and prevent failure, academic adjustments are related to interest in choosing a major, which is an internal factor for students, while social support from parents is an external factor, and parents always provide advice, guidance and encouragement to students in moral and material terms. This study aims to analyze the relationship between suitability of interest in choosing a major and parental social support with academic adjustment. Analyzing the relationship between suitability of interest in choosing a major and academic adjustment. Analyzing the relationship between parental social support and academic adjustment. The population in this study were students majoring in Islamic Psychology, Raden Intan State Islamic University, Lampung batch 2019, totaling 156 people. Researchers used quantitative research methods by means of proportional random sampling technique and used a sample of 76 students. In this study using data collection methods, namely the academic adjustment scale of 22 items ($\alpha = 0.886$), the suitability scale of interest in choosing a major 42 items ($\alpha = 0.954$), the social support scale of parents 17 items ($\alpha = 0.925$). The data analysis technique used in this research is multiple regression analysis technique with the help of SPSS 26.0 for windows program. Based on the results of the study, the results showed: 1) There was a relationship between the suitability of interest in choosing majors and parental social support with academic adjustment with the correlation coefficient value (r) = 0.547 and $F = 15.595$ with $p = 0.000$ ($p < 0.01$). This shows that the hypothesis is accepted. The two independent variables provide a total effective contribution of 30% while the remaining 70% is caused by factors other than the academic adjustment variable. 2) There is a relationship between the suitability of interest in choosing a major with academic adjustment with the value of the correlation coefficient (r_{x1y}) = 0.530 with $p = 0.000$ ($p < 0.01$). This shows that the second hypothesis is accepted. In the variable of suitability of interest in choosing a major, it gives an effective contribution of 25%. 3) There is a relationship between parental social support and academic adjustment with a correlation coefficient value (r_{x2y}) = 0.338 with $p = 0.001$ ($p < 0.01$). This shows that the third hypothesis is accepted. On the social support variable, parents provide an effective contribution of 5%.

Keywords: Academic Adjustment, Matching Interests in Choosing a Major, Parental Social Support.