

## ABSTRACT

Name : Mei Dwi Yanti  
Faculty / Study Program : Psychology / Islamic Psychology  
Tittle : *The influence of academic self-efficacy on self-adjustment among student of Muqimus Sunnah Islamic Boarding school*

*The research aims to determine the relationship between academic self-efficacy and self-adjustment. The method used is a quantitative causal study, and the data is collected using a questionnaire with self-adjustment Scale and the Academic Self-Efficacy Scale (TASE). The study involved 630 students from Muqimus Sunnah Isalmic Boarding school, with a sample of 227 students. The technique used to select the sample was stratified random sampling, and the formula used was Isaac & Michael. The research instruments used are the Self-Adjustment Scale made by Rizki and Appulembang (2021) which was modified by the researcher and The Academic Self-Efficacy Scale (TASE) developed by Sagone and Caroli (2014) which has been adapted to the Indonesian version by Darmayanti et al., (2021). The results of the analysis using the JASP version 18.03 showed a significant effect of academic self-efficacy on self-adjustment, with a correlation coefficient ( $p = 0,001$ ). The results of this study can be a basic foundation for providing interventions for students who have difficulties in the self-adjustment process. The results of this study indicate that in dealing with the self-adjustment process, academic self-efficacy is needed so that students can carry out their duties as a complete student. Thus the intervention program in question is able to win the process of self-adjustment in students.*

**Keywords:** *academic self-efficacy, self-adjustment, Santri*

## INTISARI

Nama : Mei Dwi Yanti  
Fakultas / Program Studi : Psikologi / Psikologi Islam  
Judul : Pengaruh *academic self-efficacy* Terhadap *self-adjustment* Pada Santri Pondok Pesantren Muqim Sunnah

Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh *academic self-efficacy* terhadap *self-adjustment*. Pendekatan penelitian yang digunakan adalah penelitian dengan metode kuantitatif korelasional dan pengumpulan data menggunakan skala. Jumlah populasi dalam penelitian yaitu 630 santri dan sampel sebanyak 277 santri Pondok Pesantren Muqim Sunnah. Teknik penentuan sampel menggunakan *stratified random sampling* dan rumus Issac & Michael. Instrumen penelitian yang digunakan adalah Skala Skala *self-adjustment* yang dibuat oleh Rizki dan Appulembang (2021) yang di modifikasi oleh peneliti dan The Academic Self-Efficacy Scale (TASE) yang dikembangkan oleh Sagone dan Caroli (2014) yang telah diadaptasi versi Bahasa Indonesia oleh Darmayanti et al., (2021). Hasil analisis data dengan teknik analisis regresi dibantu oleh aplikasi JASPS versi 18.03 menunjukkan adanya pengaruh yang signifikan antara *academic self-efficacy* dengan *self-adjustment*. Hal tersebut dibuktikan dengan hasil ( $p = 0,001$ ). Hasil penelitian ini dapat menjadi landasan dasar untuk pemberian intervensi bagi santri yang memiliki kesulitan dalam proses penyesuaian diri. Hasil penelitian ini menunjukkan bahwa dalam menangani proses penyesuaian diri diperlukan nya *academic self-efficacy* pada diri santri agar santri dapat melaksanakan tugasnya sebagai seorang santri yang utuh. Dengan demikian program intervensi yang dimaksud mampu menangani proses penyesuaian diri pada santri.

**Kata Kunci:** *academic self-efficacy*, *self-adjustment*, Santri