

## ABSTRACT

### ***The Effect of Self Regulation on The Adaptation of First Year Students Of The Regular Program of The University of Pembangunan Jaya.***

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*Regular program students are required to fulfill, participate in and be involved in academic or non-academic activities. To be able to fulfill and complete these responsibilities, students need to have the ability to self-regulate. Self-regulation makes students more active in processing their thoughts and behavior to open themselves up to adapt in different environments, namely universities, starting from the first year of lectures. The purpose of this study was to determine the effect of self-regulation on the adaptation of first-year students in the Pembangunan Jaya University regular program. The research method used is quantitative with simple linear regression analysis. Data collection was done by using a questionnaire. The results of the study have a coefficient of 0.554, meaning that self-regulation has an influence on student adaptation of 55.4%. This means that the higher the self-regulation, the higher the student's adaptation.*

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