

ABSTRACT

The Effect Of College Adjustment On Academic Stress in Universitas Pembangunan Jaya Students in The Even Semester of 2021/2022

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The change in the learning process for students makes them have to be able to adjust to college again, both for new students and high school students. Adjustments are quite important so that students can face academic demands well, so as to reduce of academic stress. The purpose of this study was to determine the effect of college adjustment on academic stress in the students of Universitas Pembangunan Jaya. This study uses quantitative research methods, and data analysis using simple linear regression test. The result of this research is that there is a significant effect on adjustment in college to academic stress in the students of Universitas Pembangunan Jaya, that is 54.5%. Therefore, H_a this research was accepted. The different test conducted using Mann-Whitney found that adjustment in college for students in semesters 2-4 with semesters 6-above 10 had a significant but small difference ($p = 0.003$), which means that the p -score was below 0.05, while academic stress at semester 2-4 students with semesters 6-above10, did not have a significant difference ($p=0.538$), p -score was above 0.05.

Keywords: College adjustment, academic stress, even semester students

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