

## ABSTRACT

### **The Relationship Between Optimism And Academic Adjustment In First Year Students**

Shanti Milania<sup>1)</sup>, Supriyanto<sup>2)</sup>, Jane Luvena Pietra<sup>3)</sup>

<sup>1)</sup> Student of Psychology Department, Universitas Pembangunan Jaya

<sup>2)</sup> Lecturer of Psychology Department, Universitas Pembangunan Jaya

<sup>3)</sup> Lecturer of Psychology Department, Universitas Pembangunan Jaya

*In the transition period of first year students in higher education, these changes are related to the social environment and academic system. A student's academic adjustment can affect how they deal with challenges and changes related to their college life. If students are not able to adjust well, students will have difficulty in undergoing education in college. These difficulties can lead to various problems related to the academic field, such as stress and a sense of failure, which leads to decreased academic achievement. Optimism can encourage students to increase confidence and good expectations in undergoing the learning process in lectures. The existence of high optimism is thought to be able to increase self-adjustment because students do not have psychological pressure that hinders lectures. The results of this study found that optimism had a significant positive relationship with academic adjustment in new students. The results of the correlation between the optimism variable and academic adjustment had a significant relationship with a positive direction,  $r = 0.368$ ,  $p < .001$ . This shows that if the score on the optimism variable is higher, then the score on the academic adjustment variable also increases*

**Keywords:** Optimism, Academic Adjustments, First Year Students, Transition.

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