

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2023

Anindya Ayu Nur Rohmah

Hubungan Dukungan Sosial Dengan Adaptasi Psikologis Santriwati Al – Azhar
Kaliwates Jember

Abstrak

Santri adalah peserta didik pesantren yang mendalami ilmu agama. Pesantren merupakan bidang pendidikan dengan sistem yang terintegrasi dengan konsentrasi pendidikan akademik dalam bentuk agama. Santri baru umumnya memerlukan waktu beradaptasi dengan lingkungan Santri baru yang mendapat dukungan sosial dari orang baru di lingkungan pesanten khususnya ustadzah dan teman sebayanya, akan mampu mengatasi stress dan cemas yang dirasakan saat beradaptasi. **Metode:** Desain penelitian ini menggunakan korelasional dengan pendekatan *cross-sectional*. Populasi pada penelitian ini santriwati Pondok Pesantren Al – Azhar Kaliwates Jember sejumlah 180 orang. Teknik pengambilan sampel yang digunakan adalah *probability sampling* dengan *simple random sampling*. Uji statistik menggunakan distribusi frekuensi dan *rank spearman rho*. **Hasil:** Tingkat signifikan 5% (0,05) hasil uji statistik rank spearman rho, yakni *p value* (0,000) <0,005 dengan nilai $r = -0,314$ dengan kekuatan hubungan moderat atau sedang, maka H_1 diterima. Artinya terdapat hubungan Dukungan sosial dengan Adaptasi psikologis santriwati di Pondok Pesantren Al – Azhar Kaliwates Jember. **Analisis:** Tingkat dukungan sosial santriwati berada pada tingkat mendukung 83 responden (66,9%), dan adaptasi psikologis santriwati pada kategori adaptif 70 responden (56,5%). **Diskusi:** Untuk membentuk adaptasi psikologis yang baik bagi santriwati, maka diperlukan dukungan sosial yang baik pula. Karena dukungan sosial sangat berpengaruh terhadap adaptasi psikologis santriwati.

Kata Kunci: Dukungan Sosial, Adaptasi psikologis, Santriwati

Absract

*UNIVERSITY OF MUHAMMADIYAH JEMBER
UNDERGRADUATE NURSING PROGRAM
FACULTY OF HEALTH SCIENCES*

Thesis, July 2023

Anindya Ayu Nur Rohmah

The Relationship of Social Support with the Psychological Adaptation of Santriwati Al-Azhar Kaliwates Jember

Abstract

*Muslim student are islamic boarding school students who study religious knowledge. Islamic boarding school is a field of education with an integrated system with a concentration of academic education in the form of religion. New muslim student generally need time to adapt to the environment muslim student who get social support from new people in the islamic boarding school environment, especially ustadzah and their peers, will be able to overcome the stress and anxiety felt when adapting. **Method:** This research design uses correlation with a cross-sectional approach. The population in this study were 180 female students of Al-Azhar Kaliwates Jember Islamic Boarding School. The sampling technique used was probability sampling with simple random sampling. Statistical tests using frequency distribution and rank spearman rho. **Results:** Significant level of 5% (0.05) statistical test results rank spearman rho, namely p value (0.000) <0.005 with a value of r -0.314 with moderate or moderate relationship strength, then H1 is accepted. This means that there is a relationship between social support and psychological adaptation of female students at Al - Azhar Kaliwates Jember Islamic Boarding School. **Analysis:** The level of social support of female students was at the supportive level of 83 respondents (66.9%), and the psychological adaptation of female students in the adaptive category of 70 respondents (56.5%). **Discussion:** To form a good psychological adaptation for female students, good social support is also needed. Because social support is very influential on the psychological adaptation of female students.*

Keywords: Social Support, Psychological Adaptation, Santriwati