

## **ABSTRACT**

### **THE INFLUENCE OF SELF-LEADERSHIP ON SELF-ADJUSTMENT STUDENTS OF PSYCHOLOGY STUDY PROGRAM YUDHARTA UNIVERSITY OF PASURUAN**

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*The background of this research is to determine a person's self-leadership in adjustment. At the initial level of higher education, self-leadership is one of the benchmarks for successful adjustment. In the semester until being able to survive at university is also one part of successful adjustment. This study aims to determine whether there is an influence of self-leadership on self-adjustment in Psychology students at Yudharta University, Pasuruan. This research approach is a quantitative approach. The population in this study was 309 Psychology Students at Yudharta Pasuruan University. The research sample was 175 students. The measuring instruments used in data collection were the self-leadership scale and the self-adjustment scale. Based on the X scale calculations, there are 19 valid items with a reliability of 0.825 and on the Y scale there are 23 items with a reliability of 0.855. Based on the results of simple regression analysis, an F value of 57,563 was obtained with a significance (Sig) of .000 because the Sig value was <0.05. Thus the hypothesis states that there is an influence between self-leadership (X) and self-adjustment (Y). which means that there is an influence between self-leadership on self-adjustment in Psychology Study Program Students at Yudharta Pasuruan University who are accepted (Ha) by 25%.*

**Keywords:** *Self-Leadership, Adjustment, Student.*

## INTISARI

### PENGARUH *SELF-LEADERSHIP* TERHADAP PENYESUAIAN DIRI MAHASISWA PROGRAM STUDI PSIKOLOGI UNIVERSITAS YUDHARTA PASURUAN

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Masing-masing mahasiswa memiliki proses mempengaruhi diri yang berbeda dalam mencapai tuntutan pembelajaran yang berlaku pada tingkat perguruan tinggi. Secara umum, proses mempengaruhi diri mengarahkan mahasiswa dalam berperilaku pada lingkungan Universitas. Sehingga penelitian ini bertujuan untuk mengetahui ada tidaknya pengaruh *self-leadership* terhadap penyesuaian diri mahasiswa Psikologi Universitas Yudharta Pasuruan. Pendekatan penelitian ini menggunakan pendekatan kuantitatif dan Populasi pada penelitian ini adalah Mahasiswa Psikologi Universitas Yudharta Pasuruan sebanyak 309 Mahasiswa. Sampel penelitian sebanyak 175 mahasiswa. Diperoleh nilai F-hitung sebesar 57.563 dengan taraf signifikansi (Sig) sebesar 0,000. Nilai R Square sebesar 0,250 yang mengandung arti bahwa *self-leadership* memiliki pengaruh sebesar 25% terhadap penyesuaian diri mahasiswa. Dengan demikian hipotesis menyatakan bahwa ada pengaruh antara *self-leadership* dengan penyesuaian diri mahasiswa Program Studi Psikologi Universitas Yudharta Pasuruan diterima, yang artinya ada pengaruh antara *self-leadership* terhadap penyesuaian diri pada Mahasiswa Program Studi Psikologi Universitas Yudharta Pasuruan.

**Kata kunci:** *Self-Leadership*, Penyesuaian Diri, Mahasiswa.