

## ABSTRACT

**Nurkumala, Aida. 2013.** Relation of coping strategy and self adjustment by new students in Ma'had Sunan Ampel Al-Aly of The State Islamic University Maulana Malik Ibrahim of Malang. Thesis, Faculty of Psychology State Islamic University Maulana Malik Ibrahim of Malang.

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Students are a group of people who are pursuing particular science in a formal education institution. This group is also called as young intellectual group who have full of talent and various potential skill. For students itself, adjusting to a new environment is the first step that must be followed. Since there are several constraints experienced by students when first entered into a new environment very different from the previous environment. Choose appropriate coping strategies which related to the problems, students can adjust themselves to their new healthy environment. Therefore, it can be known the important of coping strategies and self adjustment for students in adjusting to the new environment.

The purpose of this study is to determine the types of coping strategies for new students, knowing the level of self adjustment of new students and determine the relation of coping strategies to self adjustment of new students.

This study uses quantitative research method, otherwise, the data analysis technique used is the product moment correlation of Karl Pearson. The subjects in this study are 125 respondents and the sampling technique that is used was cluster random sampling by way of raffle room number. Retrieval of data using two scales form of Likert scale, which consists of 42 coping strategies item and scale adjustment consists of 47 item.

Results of this research reveal that coping strategy category especially in problem focused coping type has a percentage of 47%, while the categories of types of emotion focused coping strategies coping has a percentage of 53%. While the level of high-level adjustment has a percentage of 28.8%, medium category has a percentage of 4.8% and a low category has a percentage of 66.4%. From the results obtained correlation results ( $r_{xy} = 0.942$ ;  $\text{Sig} = 0.000 < 0.05$ ), which means that there is a significant relation between coping strategies to adjustment. And of the results of the well known determinant coefficient of  $r^2 = 0.942 = 97\%$ , which means that the variable X to variable Y there is a contribution of 97%, while the rest can be influenced by other factors. This is in accordance with the opinion of Lazarus, Folkman, Cohen, Sarafino and Taylor, Coping is a process in which individual tries to manage the distance that exists between the demands (both derived from individual demands and the demands that come from the environment) with the source- resources they use in dealing with stressful situations.