

ABSTRACT

Oktaviana, Divie, 2012, *An Adaptation Problem of Adolescents towards School (Descriptive Study in MAN 3 Malang)*, Thesis, The faculty of psychology, Maulana Malik Ibrahim State Islamic University of Malang

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Key terms: Adolescents, adaptation

Adolescence is the phase where adolescents are in the complex position. It is signed by so many demands to finish tasks for their development. After that must do it, adolescent always meet to some problems. One of those problems may occur in school is adaptation problem of adolescent towards school as it happened to the students of MAN 3 Malang. Therefore, the researcher is interested in doing research entitled *An Adaptation Problem of Adolescents towards School (Descriptive Study in MAN 3 Malang)*. The research questions are (1) What kind of adaptation problem towards school it happened to the students of MAN 3 Malang?, (2) what is factor can be gave influences to adaptation problem of adolescent towards school as it happened to the students of MAN 3 Malang?, (3) How is conselors and an adolescents can give some solutions about their problem?

Based on those background and the research questions, then can take some research purposes are for (1) Describe the kind of adaptation problem towards school it happened to the students of MAN 3 Malang, (2) Analysis the factor can be gave influences to adaptation problem of adolescent towards school as it happened to the students of MAN 3 Malang, (3) Get some solutions about their adaptation problem towards school from conselors and an adolescents.

The research approach used here is qualitative, using descriptive analysis. Purposive sampling is applied by the researcher in gaining the sample and the data source. The methods used in collecting the data are non-participant observation, in-depth interview, and documentation. The data analysis includes data reduction, data presentation, conclusion drawing, and verification. Moreover, to check the validity of the data, the researcher uses perseverance of observation, triangulation, and the reference sufficiency.

This research shows that the students' problem with the school in SMA 3 Malang includes the adaptation with the curriculum, friends of the same age, and the *Full-day School* program. (1) The problem with the curriculum includes the difficulties in understanding the lessons dealing with religion and foreign language. This is because of the factor of individual differences, background of education, environmental condition, learning methods, demographic, and the personality of each student. It is handled by giving school environmental introduction, providing academic advisors, developing small-group discussion, and giving counseling services. Furthermore, (2) the students' problem with their friends of the same age is the existence of disrespectful behavior towards the others. This happened since the factor of economic background, personality types, and habitual and principle differences. Meanwhile, the solutions are; giving group-counseling, Sociometry, the concept of good adaptation, and *role-game*. Moreover, (3) the adaptation problem of students toward *full-day school* program is the occurrence of saturation to either the activity or the demanding activity which spends a lot of energy. The factor causing such problem is the bad time-management. The solution provided is giving outdoor learning with more various learning activities, doing *brain-gym*, and managing the time well.