# ABSTRACT

Keywords: Academic Stress, Psychological Wellbeing (PWB), Adjustment.

Academic stress is a response that comes from too many demands and student work to be done. academic stress experienced by these students is the result of the subjective perception of the existence of a mismatch between the demands of the environment with the actual resources owned by the student. Thus came the stress. Therefore, psychological well-being and good adjustment is needed in order to minimize the potential for academic stress.

This research was conducted at the Faculty of Psychology of UIN Malang, with the aim to find out how the new students' academic stress level, knowing how to rate Psychological Wellbeing freshmen, and then to determine how the adjustment of new students, and to investigate the relationship between Psychological Wellbeing and adaptation to stress academic new students. This study uses quantitative methods. The subject of this research were 50 students who were selected using sampling rrandom. In collecting the data, the researcher used a Likert scale. Analysis of the research data using multiple regression analysis, using SPSS version 17.0 for Windows.

The results of this study indicate that, the new students of the Faculty of Psychology UIN Maliki have an average level of academic stress was that there were as many as 30 students or approximately 60.0%, the new Student Psychological Wellbeing levels are at a high level ie (90.0%) / 45 students . While the adjustment owned freshmen psychology faculty at UIN Malang also higher categories, namely (88.0%) or 44 students. It found that the level of significance of this study is 0.001 (p <0.05), and F = 8.154. Rated R (correlation coefficient) of 0.508 means there is a significant relationship between psychological well-being and adjustment to the academic stress on new students.