

Abstrak

Mahasiswa rantau tahun pertama menghadapi berbagai tuntutan akademik, sosial, dan emosional selama masa transisi ke perguruan tinggi. Penelitian ini bertujuan untuk mengetahui pengaruh *social connectedness* dan *self-esteem* terhadap *college adjustment* pada mahasiswa rantau di UIN Sunan Gunung Djati Bandung. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian terdiri dari 252 mahasiswa rantau pertama (Angkatan 2025) yang berasal dari luar Provinsi Jawa Barat dan dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan *Social Connectedness Scale-Revised (SCS-R)*, *Rosenberg Self-Esteem Scale (RSES)*, dan *Student Adaptation to College Questionnaire (SACQ)* yang telah diadaptasi. Data dianalisis menggunakan regresi linear berganda. Hasil penelitian menunjukkan bahwa *social connectedness* berpengaruh positif dan signifikan terhadap *college adjustment* ($\beta = 0,484$; $p < 0,001$), demikian pula *self-esteem* ($\beta = 0,415$; $p < 0,001$). Secara simultan, *social connectedness* dan *self-esteem* berpengaruh signifikan terhadap *college adjustment* ($R^2 = 0,643$; $p < 0,001$), dengan kedua variabel tersebut menjelaskan 64,3% variasi *college adjustment*. Temuan ini menunjukkan bahwa faktor eksternal dan internal berperan penting dalam mendukung *college adjustment* pada mahasiswa rantau tahun pertama.

Kata Kunci: *social connectedness*, *self-esteem*, *college adjustment*, mahasiswa rantau.

Abstract

First-year students living away from their hometowns face various academic, social, and emotional demands during the transition to higher education. This study aimed to examine the effects of social connectedness and self-esteem on college adjustment among first-year students living away from their hometowns at UIN Sunan Gunung Djati Bandung. This study employed a quantitative approach with a correlational design. The sample consisted of 252 first-year students (2025 cohort) from outside West Java Province who were selected using purposive sampling. Data were collected using the Social Connectedness Scale-Revised (SCS-R), Rosenberg Self-Esteem Scale (RSES), and Student Adaptation to College Questionnaire (SACQ), which had been adapted. The data were analyzed using multiple linear regression. The results showed that social connectedness had a positive and significant effect on college adjustment ($\beta = .484, p < .001$), as did self-esteem ($\beta = .415, p < .001$). Simultaneously, social connectedness and self-esteem had a significant effect on college adjustment ($R^2 = .643, p < .001$), explaining 64.3% of the variance in college adjustment. These findings indicate that external and internal factors play important roles in supporting college adjustment among first-year students living away from their hometowns.

Keywords: *social connectedness, self-esteem, college adjustment, out-of-town students.*