

## Abstrak

Mahasiswa rantau tahun pertama menghadapi tuntutan penyesuaian yang dapat memunculkan *homesickness*, yaitu distress psikologis berupa kerinduan terhadap rumah, keluarga, dan lingkungan asal serta kesulitan beradaptasi dengan lingkungan baru. Kelekatan orang tua dan syukur menjadi faktor yang berkaitan dengan *homesickness*, karena hubungan emosional yang aman dengan orang tua serta kemampuan menghargai dan mensyukuri pengalaman dapat membantu mahasiswa menghadapi tuntutan penyesuaian. Penelitian ini bertujuan mengetahui pengaruh kelekatan orang tua dan syukur terhadap *homesickness* secara parsial dan simultan. Penelitian menggunakan pendekatan kuantitatif dengan model korelasional prediktif pada 106 mahasiswa rantau tahun pertama Fakultas Psikologi UIN Sunan Gunung Djati Bandung yang dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan UHS, IPPA-R, dan GQ-6 serta dianalisis dengan regresi linier berganda. Hasil menunjukkan kelekatan orang tua dan syukur berpengaruh negatif dan signifikan terhadap *homesickness*, baik secara parsial maupun simultan. Semakin tinggi kelekatan orang tua dan syukur, semakin rendah *homesickness*.

**Kata kunci:** kelekatan orang tua, syukur, *homesickness*, mahasiswa rantau tahun pertama.



### ***Abstract***

*First-year students living away from home face adjustment demands that may lead to homesickness, a psychological distress characterized by longing for home, family, and the familiar environment, as well as difficulty adapting to a new environment. Parental attachment and gratitude are factors related to homesickness, as secure emotional bonds with parents and the ability to appreciate and be grateful for experiences may help students cope with adjustment demands. This study aimed to examine the effects of parental attachment and gratitude on homesickness, both partially and simultaneously. This quantitative study employed a predictive correlational model involving 106 first-year students from outside Bandung at the Faculty of Psychology, UIN Sunan Gunung Djati Bandung, selected through purposive sampling. Data were collected using the UHS, IPPA-R, and GQ-6 and analyzed using multiple linear regression. The results showed that parental attachment and gratitude had significant negative effects on homesickness, both partially and simultaneously. Higher parental attachment and gratitude were associated with lower levels of homesickness.*

**Keywords:** *parental attachment, gratitude, homesickness, first-year students from outside Bandung.*

