

## ABSTRACT

**Helsa Nasution. 2019. "Contribution of Emotional Maturity and Social Support toward Santri Self-Adjustment at Musthafawiyah Purbabaru Islamic Boarding School". Thesis. Post Graduate Program of State University of Padang.**

This research was conducted the still low ability of santri to adjust to the boarding school. Emotional maturity and social support were factors that were thought to influence self-adjustment. This study aims to describe: (1) emotional maturity, social support, and self-adjustment, (2) contribution of emotional maturity to self-adjustment, (3) contribution of social support to self-adjustment, and (4) contribution of emotional maturity and social support in together towards conformity.

This research uses quantitative descriptive correlational type method. The study population was all students of class I Musthafawiyah Purbabaru Islamic Boarding School totaling 2,695 people, a sample of 349 people, selected by proportional random sampling technique. The instrument used was a Likert scale model. Data were analyzed with descriptive statistics, simple regression and multiple regression.

The research findings show that: (1) on average, the emotional maturity of santri was in the high level category, (2) social support was also at a high level, (3) the self-adjustment of santri was good, (4) there is 44.3% contribution of maturity emotions toward adjustment, (5) there were 25.9% contribution of social support to the self-adjustment of santri, and (6) there were 48.3% contributions together with emotional maturity and social support to the self-adjustment of santri. The implications of the results of the research can be used as input to create a guidance and counseling service program at Musthafawiyah Islamic Boarding School Purbabaru.

**Keywords: Emotional Maturity, Social Support, Self-Adjustment**

## ABSTRAK

**Helsa Nasution. 2019. “Kontribusi Kematangan Emosi dan Dukungan Sosial terhadap Penyesuaian Diri Santri di Pondok Pesantren Musthafawiyah Purbabaru”. Tesis. Program Pascasarjana Universitas Negeri Padang.**

Penelitian ini dilatarbelakangi oleh masih rendahnya kemampuan santri dalam menyesuaikan diri di pondok pesantren. Kematangan emosi dan dukungan sosial merupakan faktor yang diduga mempengaruhi penyesuaian diri. Penelitian ini bertujuan untuk mendeskripsikan: (1) kematangan emosi, dukungan sosial, dan penyesuaian diri, (2) kontribusi kematangan emosi terhadap penyesuaian diri, (3) kontribusi dukungan sosial terhadap penyesuaian diri, dan (4) kontribusi kematangan emosi dan dukungan sosial secara bersama-sama terhadap penyesuaian diri.

Penelitian ini menggunakan metode kuantitatif jenis deskriptif korelasional. Populasi penelitian adalah seluruh santri kelas I Pondok Pesantren Musthafawiyah Purbabaru yang berjumlah 2.695 orang, sampel berjumlah 349 orang, yang dipilih dengan teknik *proportional random sampling*. Instrumen yang digunakan adalah skala model *Likert*. Data dianalisis dengan statistik deskriptif, regresi sederhana, dan regresi ganda.

Temuan penelitian menunjukkan bahwa: (1) rata-rata, kematangan emosi santri berada pada kategori tingkat tinggi, (2) dukungan sosial juga pada tingkat tinggi, (3) penyesuaian diri santri dikategorikan baik, (4) ada 44,3 % kontribusi kematangan emosi terhadap penyesuaian diri, (5) ada 25,9 % kontribusi dukungan sosial terhadap penyesuaian diri santri, dan (6) ada 48,3 % kontribusi bersama kematangan emosi dan dukungan sosial terhadap penyesuaian diri santri. Implikasi hasil penelitian dapat dijadikan sebagai masukan untuk membuat program layanan bimbingan dan konseling di Pondok Pesantren Musthafawiyah Purbabaru.

**Kata Kunci: Kematangan Emosi, Dukungan Sosial, Penyesuaian Diri**