

ABSTRAK

FITRI OKTAVIA SILALAH. Hubungan *College Adjustment* dengan *People-Pleasing* pada Mahasiswa Tahun Pertama Program Studi Bimbingan dan Konseling FIP Universitas Negeri Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Penelitian dilaksanakan dengan tujuan untuk mengetahui hubungan *college adjustment* dengan *people-pleasing* pada mahasiswa tahun pertama Program Studi Bimbingan dan Konseling FIP UNIMED. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasional. Populasi penelitian terdiri dari 231 mahasiswa program studi Bimbingan dan Konseling FIP stambuk 2025. Sampel dalam penelitian ini berjumlah 146 mahasiswa menggunakan teknik random sampling. Pengumpulan data menggunakan instrumen *college adjustment* dan instrumen *people-pleasing* melalui *google form*. Teknik analisis data menggunakan korelasi *Product Moment* dari Karl Pearson. Hasil penelitian menunjukkan terdapat hubungan negatif yang signifikan antara *college adjustment* dengan *people-pleasing* dengan nilai signifikansi $0,000 < 0,05$ dan nilai koefisien korelasi $r = -0,424$. Artinya, semakin tinggi kemampuan *college adjustment* mahasiswa maka semakin rendah kecenderungan *people-pleasing*, begitu juga dengan sebaliknya.

Kata Kunci: *College Adjustment*, *People-Pleasing*, Mahasiswa Tahun Pertama

ABSTRACT

FITRI OKTAVIA SILALAH. **The Relationship Between College Adjustment and People-Pleasing Among First-Year Students in the Guidance and Counseling Program at the Faculty of Education, University of North Sumatra. Skripsi. Medan: Faculty of Education, State University of Medan, 2026.**

This study was conducted to examine the relationship between college adjustment and people-pleasing among first-year students in the Guidance and Counseling Program at the Faculty of Education (FIP), UNIMED. This study employed a quantitative approach using a correlational research design. The study population consisted of 231 first-year students in the Guidance and Counseling Program at FIP, enrolled in the 2025 academic year. The sample comprised 146 students selected using random sampling. Data collection utilized the college adjustment instrument and the people-pleasing instrument. Data analysis employed the Pearson Product-Moment correlation. The results showed a significant negative relationship between college adjustment and people-pleasing, with a significance level of $0.000 < 0.05$ and a correlation coefficient of $r = -0.424$. This means that the higher a student's college adjustment ability, the lower their tendency toward people-pleasing, and vice versa.

Keywords: College Adjustment, People-Pleasing, First-Year Students

