

***THE CORRELATION BETWEEN SELF-ADJUSTMENT AND STRESS LEVELS
AMONG STUDENT EXECUTIVE BOARD MEMBERS OF THE FACULTY AT DARUL
ULUM UNIVERSITY OF JOMBANG***

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ABSTRACT

This study aims to examine the relationship between self-adjustment and stress levels among student members of the Faculty Student Executive Board (BEM) at Universitas Darul Ulum Jombang. The research employed a quantitative correlational design with 40 respondents selected from a population of 152 students using simple random sampling. The instruments used were the Self-adjustment Scale (26 valid items, $\alpha = 0.798$) and the Stress Scale (41 valid items, $\alpha = 0.932$). Data were analyzed using Pearson Product Moment correlation. The results showed that most students had high to very high levels of self-adjustment, while stress levels were in the moderate to high categories. The correlation test yielded $r = 0.104$ with $p = 0.524$ ($p > 0.05$), indicating no significant relationship between self-adjustment and stress levels. Self-adjustment contributed only 1.08% to stress levels, suggesting that other factors play a more dominant role.

Keywords: self-adjustment, stress, students, organization