

ABSTRACT

Suci, Risky Wulan. 2024. The Influence of Self-Management on Self-Adjustment Among Islamic Boarding School Students. Thesis, Guidance and Counseling. Faculty of Teacher Training and Education, Universitas Darul Ulum Jombang. Supervisor (1) Dra. Hj. Rohana Maryam, M.Pd.I. (2) Wisnu Kurniawan M.Pd.

Keywords : Self Management, Adjustment

This research aims to investigate the influence of self-management on individual self-adjustment. Self-management refers to individuals' ability to regulate and control themselves in various life situations. Self-adjustment, on the other hand, refers to individuals' ability to adapt to their social, emotional, and physical environments. This research uses a quantitative design, employing a questionnaire to collect data from a randomly selected sample. The sample consists of individuals representing diverse demographic backgrounds and professions. The data are then analyzed using appropriate statistical techniques. The analysis shows a positive relationship between individuals' level of self-management and their level of self-adjustment. Individuals with higher levels of self-management tend to have better self-adjustment, while those with lower levels of self-management tend to have difficulties in adapting to their environments.

These findings have important implications in the context of personal and professional development. Enhancing self-management skills can help individuals face challenges and changes in their lives more effectively, thereby improving the quality of their self-adjustment. Therefore, the development of self-management skills should be prioritized in coaching and training programs. The method used in the study is quantitative, employing simple regression analysis techniques. Sampling was done using the Slovin formula with a margin of error of 10%. The total population in this study is 90 students, and a sample of 73 students was obtained. The research instruments utilized the Self-Management scale and the Self-Adjustment scale. From the data analysis, the F-test result indicates that the calculated F-value is 73.583 with a significance level of $0.000 < 0.05$ (where the significance value is less than 0.05). Thus, the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted, meaning that self-management significantly affects self-adjustment. Based on the above results, it can be concluded that self-management influences self-adjustment.